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**A
PRETTY KETTLE
OF FISH**

A PRETTY KETTLE OF FISH

By

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I HAVE specially to thank M. Albin Michel for giving me permission to include recipes from three books published by him—*La Gourmandise à Bon Marché* and *La Cuisine au Coin du Feu*, by Paul Bouillard, and *Les Secrets de la Bonne Table* by Benjamin Renaudet. I have also to thank Messrs. Thornton Butterworth for allowing me to use a recipe given by M. Paul Reboux in his *New French Cooking*.

I am very grateful to the many friends and chefs of different nationalities who have contributed to this book. Their names stand by the recipes they have given me.

I have also extracted reliable information from a useful publication—*The Fish Trade Diary*, which is no longer in existence.

Finally, I am grateful to Harrod's Stores for their courtesy in allowing me to inspect their carefully selected collection of kitchen utensils.

E. L.

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Introduction

THERE are many excellent and seldom-used ways of cooking fish, but little that is very original, perhaps because new fish are not discovered, or made newly available. In vegetable cookery our markets have been greatly enriched within the last years, and new types of old vegetables have been put within the reach of any housewife, so that even our kitchens, never very inventive, have developed new methods on this side. But in the matter of fish the range of English cookery seems restricted, when we compare it with the continental nations, or even with recipes in cookery books which show us the English usage in the past. Except for salmon and trout, fresh-water fish are almost entirely neglected ; and not only in private houses but in restaurants the changes are rung on barely half a dozen kinds.

A visitor to England is said to have asked if no fish but sole was known in this country. He had, no doubt, been pampered—like the Dauphin who complained of *toujours perdrix*. But indeed we offer little variety and it would seem at times as if the fish course was a convention : a thing to be eaten, but without enthusiasm.

Necessity most truly is the mother of invention.

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Continental countries where, as in Switzerland, Germany, Hungary and even a great part of France, sea fish is scarcely to be had, are driven to make full use of what their rivers and lakes provide. But in England where all the fish of all the seas from West Africa to Iceland are brought in quantities to a score of ports, it would seem as if abundance had killed the faculty for taking thought; and the mistress of a household orders down the telephone what she has ordered the day before yesterday, or the day before that; and in nine cases out of ten, has it cooked and sauced much in the same way.

That there is infinite variety in the ways of cooking is shown in M. Escoffier's great Manual. But this variety is too often obtained by elaboration beyond the power of most cooks, or the desire of most mistresses. For originality we have to look to M. Paul Reboux who in his *French Cookery* has done his fantastic best to introduce new ways into the kitchen. Maincave, a grandson, son and brother of chefs, might have gone to astounding lengths had he lived; but, becoming *cuisinot* of his company during the War, he was killed in the open, for, wishing to feed his officers before and after an attack more easily, he placed his kitchen so near the firing-line that his saucepans—and finally he himself—were riddled with bullets. He was chiefly concerned with the lack of enterprise in seasoning foods and in the mixture of flavours—of course not in fish only. Here is one of his recipes :

Fillet a fine sole, setting aside the head and the backbone. Marinade the fish in rum and then set light to the spirit. Pound head and bones and with

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the powder thus made sprinkle the fillets. (You must never throw away either head or backbone. In addition to their nutritive contents, they exhale a most subtle salty aroma.) Round your fish place a wreath of whipped cream well flavoured with a purée of tomatoes. The fillets should be burning hot, the cream iced. Over your fillets sprinkle, with a medicine dropper, six drops of any flavouring you choose to take.

Such audacity is rare in our times, even in France, but it could be matched in the England of the seventeenth century when invention seems to have been more lavish than it is to-day—and perhaps less considered. Here is a recipe, of that time, for “seething” a John Dory or a Mullet :

Make your broth light with yest, somewhat savorie with salt and put therein a little Rosemarie, and when it seethes put in your fish, and let it seethe very softly. Take faire water and vergious a like much, and put thereto a little new yest, currans, whole Pepper, and a little Mace, and Dates shred very small, and boyl them well together ; and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it Strawberries, Gooseberries and Barberries, Sweete Butter, and some Sugar, and so season up your Broth and poure upon your Dorie or Mullet.

If we only knew them, the monasteries all over Europe must have abounded in methods for making a fish diet palatable ; but to the world's great loss, all, or nearly all, of this lore has perished. It certainly existed, for in the following passage, taken from St. Bernard's denouncement of the luxury in

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which the monks of Cluny lived, it is made very clear :

For the monks who abstained from meat, magnificent fish were served and served a second time ; and even if the first plateful satisfied you, after tasting the second you thought that you had eaten nothing, so skilful and so careful were the cooks that appetite was not cloyed even after four or five dishes were disposed of.

Almost the only recipe for cooking fish which survives from monastical sources comes, as it should, from the country of Brillat Savarin. In the convent at Bons, a few miles from Belley, the conduct of the nuns gave occasion for scandal, especially their excessive devotion to the crayfish, in the cooking of which they delighted more than in the singing of psalms. The Bishop of Belley came down to reprimand them, but the nuns replied that they took no orders from him. When he returned three months later, he found the gates of the convent barred against him. By his orders a canon of the cathedral fetched a ladder, propped it against the convent wall and read a sentence of excommunication to the nuns who, in the courtyard below, expressed their contempt with little decency. Under Richelieu's order they were at last forced to migrate to Belley where they were kept under strict supervision. Chief among the treasures which they took with them was the recipe for cooking crayfish which had been given to them by the Prior of an adjoining monastery. The last Abbess of Bons when giving her orders to the lay sister in charge of

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the kitchens, prefaced it always with these words : " Sister, you will prepare our crayfish according to the method of M. le Prieur ; may God grant him refreshment and be merciful to us." This recipe handed by the Abbess to Madame de Loiseau is given on page 143.

In short, though fish were less plentiful in older times, more interest was shown in them. Their attraction has certainly been proved. King Henry I, as is well known, died of a surfeit of lampreys—not surprising since their flesh is said to be much richer than that of eels ; and Grimod de la Reynière, pioneer of all the modern literature on cookery, tells us that " a fatal indigestion of grilled sturgeon was the commonest death for princes of the Church. And how," he asks, " could a gourmet die better ? "

Undoubtedly in England during the first half of the nineteenth century more attention was given to this branch of gourmandise than it receives in these days. In 1845 a fish dinner " for the Pope in case he should visit England " was planned as follows :

Potages

A la tortue claire—les filets de soles à la Bagration.
Les perches en souchet—les petites limandes en souchet.

Relevés

Le saumon à la régence.
Le turbot à la Parisienne.
L'esturgeon à la royale.
Le brochet à la Chambord.

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Hors-d'œuvres

Les whitebait—le curry de homards.
Les goujons frits—les laitances de maquereaux frites.

Entrées

Les lamproies à la Beauchamp.
Le vol-au-vent de Bonne morue, à la Béchamel.
Les filets de truites au velouté d'écrivisse.
Le pâté-chaud de filets de merlans à l'ancienne.
Les filets de maquereaux, sauce ravigotte verte.
Les filets de rougets à la Beaufort.
La matelotte de carpe et d'anguille au vin de bourgogne.
Les escalopes de filets de soles à la hollandaise.

Second Service

Les bandelettes de saumon fumé, grillées—les moules
au gratin.
Les Finnan haddies grillées—les huitres au gratin.

12 Entremets

Les écrevisses en buisson.
Les prawns en buisson.
Les truffes au vin de champagne.
Les croûtes de champignons.
La mayonnaise de thon mariné.
La salade de homards.
La croûte de pêches à la Chantilly.
Les poires coquettes au riz.
La gelée de fraises.
Le pain d'ananas.
Le savarin au sirop d'oranges.
Le pudding de pommes vertes glacé.

Until the time of Mr. Gladstone's last ministry
it was the rule that every year the cabinet should

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visit the "Ship" at Greenwich for dinner. Abraham Hayward's *Art of Dining*, published in 1858, gives a typical menu. Here is the "first service."

La tortue à l'anglaise.

La bisque d'écrevisses.

Le consommé aux quenelles de merlan.

La tortue claire.

Les casseroles de green fat feront le tour de la table.

Les tranches de saumon (crimped).

Le poisson de St. Pierre à la crème.

Le soutchet de perches.

„ de truites.

„ de flottons.

„ de sole (crimped).

„ de saumon.

„ d'anguilles.

Les Lamproies à la Worcester.

Les croques-en-bouches de laitances de maquereau.

Les boudins de merlans à la reine.

Les soles menues frites.

Les petits carrelets frits.

Croquettes d'homard.

Les filets d'anguilles.

La truite saumonée à la tartare.

Le whitebait : *id.* à la diable.

These historical illustrations of past glories are museum pieces, set out as curiosities, not for imitation. But something may be said generally about the possibilities which are so much neglected.

First as to fresh-water fish. All through continental Europe the carp is highly esteemed, as

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indeed it was in England before modern transport came in. I have given some typical recipes from Czechoslovakia and Hungary. In France, in Perigord for instance, or in Burgundy, a restaurant (like the *Trois Faisans* at Dijon) when it sets out to do its best will probably give you a pike—a small one of a pound or so, and when you eat it you will know how unforgettably good pike can be. Perch again are just as good as much trout: gudgeon make a delicious fry. In general these fish are cooked in France with ingredients that are just as plentiful among us. Very coarse fish, tench, eels and river bream, with perhaps the bigger pike, can be made into something most appetizing by methods that are only possible where wine is cheap, as, for instance, the famous *pauchouse* of Verdun-sur-le Doubs.

But with the exception of salmon, salmon-trout and eels, fresh-water fish are simply not on the English market, but those who have the means to catch them may care to learn what can be done with material that all Europe prizes: especially with the crayfish which abound in scores of English streams and which scarcely anyone troubles to catch and cook.

But there is no excuse for the lack of use to which common but excellent fish, gurnet red and grey (the red is the better), sea-bream, John Dory, are put. Pollock, if very small, as I have found in Brittany, can be delicious if fried. Boiled, it is certainly tasteless.

The use of fennel with fish is classical. The explanation may be found—since fish in the seven-

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teenth century cannot always have been cooked in its first freshness—in the following lines :

Of Fennell vertues foure they do recite,
First, it hath power some poisons to expel,
Next burning Agues will put to flight.
The stomache it doth cleanse, and comfort well ;
And, fourthly it doth keepe and cleanse the sighte.

The Doctors of Salerne, 1608.

Finally, to near-sighted fish-lovers the following advice taken from Meg Dods' wise and instructive manual of cookery may be of interest.

It is strongly recommended to those who may, like me, have the misfortune to swallow a fish-bone, to take four grains of tartar emetic dissolved in warm water, and immediately afterwards the beat white of four eggs. This mess will instantly coagulate, and will probably bring the bone from the throat or stomach.

Kitchen Stores

THIS is a list, not of everything that is needed, but of certain stores which are essential to good fish cookery.

Clarified butter (p. 32).

Salt—real salt such as is bought in bars, or *gros sel* which has a life and quality present in no other salt. It can be bought from foreign dealers or from several of the big stores.

Pepper—white pepper-corns are best. They should be ground only as required. Cayenne and paprika also will be needed.

Roux (p. 184).

Cornflour and potato flour in small quantities (as well as ordinary flour) for thickening sauces.

Fresh herbs—tarragon, chives, chervil, parsley and bay leaves.

Dried herbs for stuffings.

Shallots.

Wine.

White-wine vinegar.

The best olive oil.

Fish stock (p. 39).

Frying fat or frying oil (pp. 22-3).

Green colouring for sauces. This can be bought

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in bottles, but it is much better to make it as it is required (p. 34).

Capers.

Anchovies—in oil or salted. Salted anchovies should be soaked in water, or milk, for an hour before they are used. If preserved in oil, they should be thoroughly drained and fresh oil poured over them.

It is essential in cooking fish to use fresh butter of good quality. In these days when the best New Zealand brands can be bought at 1/- a pound, there is no excuse for using butter of inferior quality, or any substitute for it.

Some Necessary Utensils

A MARKED measuring glass or cup—one that holds a pint is large enough.

A fish-kettle with drainer.

A large deep frying-pan with basket.

A wide shallow frying-pan, and a smaller one.

A grill to be kept for fish only. A double one is best.

A shallow pan to be used as a *bain-marie* (p. 183).

A pestle and mortar.

A hair and a wire sieve.

A cutter for vegetables and herbs.

Fireproof dishes of various sizes and shapes—one or two oblong ones to hold whole fish cooked in the oven.

A soufflé dish.

A whisk for eggs and sauces.

Two very sharp knives.

Kitchen scissors.

Wooden spoons.

A board or a marble slab—or both.

Pepper mill.

A skimmer and fish slice.

Cloths, butter muslin, kitchen paper.

A little brush for brushing fish over with oil or

SOME NECESSARY UTENSILS

melted butter. This can be made of feathers. In Czechoslovakia goose feathers are chosen. They are sterilized, and stripped of all but the soft tips. The shafts are then tied into neat bundles.

Where there is no weighing machine the following measures may be found useful :

A kitchen cup should hold half a pint of liquid or half a pound of flour.

8 tablespoonsful of liquid make a gill.

A heaped tablespoonful of flour weighs an ounce.

A heaped tablespoonful of butter weighs about two ounces. So should "butter the size of an egg."

To buy the best in kitchen utensils is certainly an economy in the end—but it is not a universally popular economy. Yet for the fish-kettle, deep frying-pan and small saucepans for sauces, at any rate, the best should be bought.

Where aluminium is bought it should be of very heavy make. It is not cheap but it is worth every penny that is spent on it. The Solar cast-aluminium utensils are guaranteed to last a lifetime. For electric stoves this ware, specially made for the purpose, with flat bottoms, is good. So is Casten-ware.

There is a great choice among fireproof earthenware dishes which—with the exception of lined copper—are the best for use in baking fish. French makes are still the best on the market—owing to the excellence of the clay with which they are made—a clay which does not exist outside Provence. The English are perhaps more decorative, but less reli-

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able. Every size and shape is to be found, including scallop shell-dishes.

Pyrex glassware is preferred by many people to earthenware, and that also can be bought in a great variety of shape.

Sheffield now makes kitchen knives which are as good as the French—of the same shape and sharpness.

An unlined iron frying-pan (shallow) is still, I consider, the best for general use. But there are also iron frying-pans lined with grey vitreous enamel which are excellent.

An Alexander Shredder will save many hours' tedious work in a year. It will grate, mash, shred and slice. Its three discs are made of stainless steel and are easy to keep clean.

Small cheap gadgets are scarcely worth buying though there are many on the market.

How to Choose, Clean and Keep Fish

The general rules for discovering whether fish be fresh or stale, are by observing the colour of their gills, which should be of a lively red ; whether they be hard or easy to be opened, the standing out or sinking in of their eyes, their fins being stiff or limber, or by smelling to their gills.

John Farley, *The London Art of Cookery*, 1787.

This old advice could hardly be improved upon. The most important sign of freshness in a fish is the brilliance and clearness of the eyes. The flesh should be very firm to the touch.

Cleaning Fish

It is rarely that a cook is called upon to clean her fish. But the need does arise, and it is not a difficult thing to do.

As far as possible, clean the fish through the opening of the gills. These must be removed and the index-finger inserted—it is as well to cover it with a piece of clean cloth. With it loosen the organs near the head and pull them out.

Then make an opening in the belly of the fish and with the handle of a kitchen spoon work out

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all that remains, scraping all along the backbone to dislodge the coagulated blood which clings to it.

In a flat fish this opening should be made on the side covered with a coloured skin—just behind the gills.

When scales have to be rubbed off a fish, place it on a board, holding it firmly down with the left hand, scrape it with the blunt side of a knife—upwards from the tail. Do this over the sink.

Keeping Fish

Never keep fish in a damp place. When gutted, if they are not to be cooked at once, sprinkle them with salt, roll them in a clean cloth which has been dipped in very salt water, and keep them in a cold place.

Wash a fish as little as possible, using salted water for the purpose. Never let fish lie in water.

In nearly all cases incisions must be made before cooking in the back of fish. This must be done with a very sharp tine—diagonally. Not only does this help to prevent the fish bursting through the skin, but it allows heat to penetrate quicker.

Filleting Fish

One lesson from a fishmonger on filleting and boning fish is more useful than all the written counsel that could be given. Very sharp knives should be kept for this purpose.

Wine and Fish

THERE are several recipes in this book which are extravagant. They can be ignored. Those countries which have abundance of cream and where wine can be bought for less than a shilling a bottle will naturally use them—to the great advantage of many dishes.

The thought even of using wine in cookery is slightly shocking to many English minds ; but so little is needed that an effort should be made to provide the single glassful that is, as a rule, all that is needed. Unfortunately, dining-room and kitchen often have different requirements. Where red wine only is drunk, the kitchen supply, except in one or two instances, must be a separate one. Again, those households who think of wine in terms of a sweet Graves, have nothing in their cellarettes which the cook could use. A dry wine is necessary. Chablis is ideal—but it is too expensive. A white Macon, or any of the cheaper white wines from the Burgundy district, is best. German wines are less suitable, but infinitely preferable to Graves.

As for wine in a *court-bouillon*, “Elizabeth, commonly called Joan, Cromwel, the wife of the Usurper Oliver,” used it, and she was by nature,

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or force of circumstances, very frugal. In her recipe for boiling Flounders (p. 62) she notes that the liquor used will serve three or four times. And this is true.

As to what should be drunk with fish, no one who is at all fastidious about wine will like to drink red wine with it ; though exception is made for red mullet which goes well with a *vin rosé* or a light Beaujolais. If fish plays an important part in your meal and only one wine can be served, it is better that it should be white : a Moselle, a Chablis or a Pouilly—either the Pouilly Fuissé from the Macon district, or the Pouilly Fumé which is a wine from the Loire.

The sweeter wines from Bordeaux go as well—or as ill—with fish as they do with flesh or fowl. They are cheap and can be easily got ; but a really pleasant white wine which is not sweet, either of the French or German type, can be bought for about four shillings a bottle.

Various Ways of Cooking Fish: General Directions

To Bake

THERE are so many ways of preparing fish which is to be cooked in the oven, that generalizations are difficult. Full directions are given under the various fish.

Onion should not be used with baked fish, unless so directed. Shallots are preferable in most cases.

Plain-baked fish should generally be covered for three-quarters of the time they are in the oven with greased paper. A little good meat-stock adds to the flavour of cod, halibut, and hake, and will make the basis of an excellent sauce.

All fish that is to be baked should be thoroughly dried before they are put in the oven.

A baked fish should be served in the dish in which it has been cooked. There is a great variety to choose from. Copper is attractive, but hardly more so than some of the beautifully coloured fireproof earthenware dishes which may now be found at most big stores. The French earthenware, less elaborate, still remains the best, because it stands

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great heat and rarely cracks. Long oval shapes are the most attractive for whole fish.

To Boil

There is a difference of opinion concerning the temperature of water, or *court-bouillon*, in which fish is cooked, a point upon which the cook must decide for herself after experiment. French chefs, as a rule, recommend that the liquid used should be tepid when the fish is put in ; that it should then be brought very slowly to the boil and, having reached that point, should be kept barely simmering. Many English cooks prefer to put fish into boiling water. On one point there is unanimity of opinion. Once boiling-point is reached the fish must cook as gently as possible.

I would suggest that when salted water is used, it should be allowed to heat—but not to boil—before the fish is put in it : but that when you have a good *court-bouillon*, it is best to start with it tepid only, so that time is allowed for the flavour of vegetables and herbs to penetrate the fish. Slices of fish should be cooked in boiling water or *court-bouillon*. So should any fish that has been frozen. Let whatever liquid is used rise a full inch above the fish.

Allow 10 minutes to the pound the moment boiling-point is reached. Small fish will be ready in from 10 to 15 minutes. Flat fish, such as brill and turbot, will take rather less than 10 minutes to the pound.

Fish is cooked when the flesh readily and cleanly leaves the bone when lifted with a knife or spatula.

VARIOUS WAYS OF COOKING FISH

Fish may be cooked—

1. In water to which salt has been added in the proportion of 1 oz. to the quart.

2. In salted water to each quart of which a wine-glassful of mild white wine vinegar is added.

3. In a *court-bouillon* made in the following way :
Slice 2 medium-sized carrots and 2 onions and cook them in butter over a gentle flame for 5 minutes. To them add a small bouquet of herbs (p. 31) and the required amount of liquid. One-third white wine to two-thirds salted water is the best mixture ; but water only can be used or a gill of white-wine vinegar substituted for the wine. The *court-bouillon* must be simmered till the vegetables are tender before the fish is put in.

4. In wine only.

5. In equal quantities of milk and water. Fish cooked in this mixture are specially suited for invalids.

6. In salted water to each quart of which a glass of milk, a squeeze of lemon, a small bouquet of herbs, and a few pepper-corns are added.

All fish that is to be eaten cold should be allowed to cool in the liquid in which it has cooked.

Where there is no fish-kettle, use an outsize saucepan. Put the fish on a plate and under it place a large square of muslin or a cloth. Holding this by the four corners, lower the plate and fish into the water. When the fish is cooked gather up the corners, which should hang outside the pan, and raise the fish on the plate.

Whole fish should be cooked with the heads left on (the eyes removed). Whether they should be

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served thus, or headless, is a matter of taste. Some heads repel—others are negligible—but all, I think, are unappetizing.

To Fry

For most frying a fish-kettle and basket are essential. The kettle should be made of the best quality heavy iron. It must be a very large one, for it should never be more than half-filled with fat, and there must be room enough for the fish to move about in it.

THE VARIOUS FRYING MEDIUMS

1. *Butter*.—Butter which is to be used for frying must be clarified (p. 32). It will never attain the heat possible to fat or oil, and it burns easily. But it is a delicate medium for frying small flat fish, and *croûtons*.

2. *Lard*.—Lard is good, but it burns at a lower degree of heat than beef fat. It gives a rich colour to whatever is fried in it, but is apt to be greasy.

3. *Beef Fat*.—On the whole this is the best medium to use. The fat should be taken from around the kidneys.

4. *Veal Fat*.—This is more delicate than beef fat, but it is best used in mixture, in the proportion of one of veal fat to two of beef.

5. *Oil*.—Oil is considered by many cooks to be the best frying medium. It must be of good quality and should be scrupulously purified after it has been used.

Before oil is used the first time, bring it to boiling-point and let it simmer for half an hour. This

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will prevent it from frothing and boiling up (as milk does).

Oil can be brought to a higher temperature than animal fats without burning. Fish fried in it will be lightly coloured rather than deeply browned.

TO PREPARE FAT FOR FRYING

Chop the fat and lay it in a large and very strong iron saucepan, adding a gill of cold water to every pound of fat. (This will help to melt the fat.) Put the lid on and set the pan where its contents will melt very slowly. When all the water has evaporated the process of purifying will begin.

Stir the fat occasionally, shaking the little fibres in it apart.

When the fat has been reduced to a clear liquid and the fibres it contains have browned, take the pan off the fire. Let it stand a few moments. Then, placing a scalded cloth over a basin, pour the fat into it. Lift the cloth by the four corners—two people will be needed to do this—and, rolling it round, squeeze out all the fat in it. The fibres which remain are useless.

Keep the purified fat in a large *iron* pan which can be hermetically closed. Earthenware is not suitable.

Each time fat has been used, it should be reclarified by boiling and straining. (If used for frying fish it cannot be used for any other form of food.)

THE VARYING DEGREES OF HEAT REQUIRED IN FRYING

1. *Moderate*.—Fat that has reached this degree of heat begins to simmer very gently. It gives out a

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smell of frying. Throw a piece of bread into it and small bubbles will rise all round it.

Moderate heat is required for frying raw potatoes, or a medium-sized fish. After these have been put in, the heat should be increased.

If several fair-sized fish are to be fried together they must be put into hot fat, for they will lower the temperature considerably.

2. *Hot*.—At this stage a piece of raw potato thrown into the fat will cause it to boil slowly and heavily. A piece of bread thrown in should be richly browned in 2 or 3 minutes.

3. *Very Hot*.—At this stage the bubbles will be very small, a vapour or smoke will rise from the fat and the smell of frying be stronger. If the fat is allowed to become any hotter it will burn.

Very small fish, such as whitebait, smelts, etc., require to be fried in very hot fat.

It is essential in frying that there should be plenty of room for the fish to move about in. If you have not a large enough pan, fry your fish in two lots. Never fill the pan more than half full of fat or oil.

It must be remembered that if a number of fish are put into fat at the same time, the temperature will be lowered. It must be raised again quickly.

Never put fish into a frying mixture, or take them out of it, while the pan is over a flame. Move it a little away from direct heat and act quickly.

In almost every case a basket should be used. Before putting in the fish, lower it into the fat to heat it. Let the fish drain from it before laying them on a cloth, or on kitchen paper, just inside

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the oven. Excess of grease will then be drawn out of them and they will be more digestible.

The fish-kettle must be kept scrupulously clean, both inside and out.

Fish that are to be fried, unless they are very small, should have diagonal incisions made in them on each side.

If they are to be fried in a shallow frying-pan in butter, it is best to break the backbone at one point, or even two, to prevent them from curling up.

It is not necessary to egg and breadcrumb fish. They can be prepared more simply. Dip the cleaned and dried fish into milk, then roll them in flour. Take each by the tail and shake off all that does not adhere closely to it, and fry at once.

TO EGG AND BREADCRUMB FISH AND CROQUETTES

Break an egg in a deep dish. Whip it, as for an omelet, till white and yolk are well mixed, but not frothy. Add a little oil—less than a coffeespoonful—pepper and salt.

Put the breadcrumbs on a flat dish, not too many at a time, for they quickly become sodden with the egg. On another dish have ready some seasoned, sifted flour.

Roll the fish (or croquettes) in flour, but see that they are very lightly coated only, and holding the fish by its tail, shake off any excess of flour. This gives a dry surface. Then dip in the egg, being careful that every part is coated. Lay each fish on breadcrumbs and press it down lightly so that an even crust is formed.

A PRETTY KETTLE OF FISH

Fish should be prepared in this way not more than half an hour before they are fried.

Creamed au Gratin

Fish prepared in this way is best cooked in a wide shallow fireproof dish with a border of *duchesse* potatoes (p. 215) which should be higher than the fish it surrounds.

The cooked fish, freed of all bone and skin, should be very carefully drained or the sauce used will be diluted with water and so spoiled.

Make a good white, mornay or béchamel sauce. Put enough of it in the dish to cover the bottom of it. Then put in the fish. Cover it with sauce, sprinkle with grated cheese (not breadcrumbs) and tiny pieces of butter.

Heat and brown in a very quick oven. Turn the dish round if it is colouring quicker on one side than another.

Au Gratin—The French Way

For this method of cooking fish it is best to prepare the sauce first.

Melt a level tablespoonful of clarified butter (p. 32) in a small saucepan. Add to it a heaped tablespoonful of finely chopped onion and 1 chopped shallot. Let these cook gently until they are lightly browned. Then add 2 oz. of chopped mushrooms and cook briskly until the mixture is almost dry. Add a glass of white wine and cook until it is reduced to half that quantity. Add half a pint of stock. Thicken the sauce, but not too much, with *roux* (p. 184). Season well.

VARIOUS WAYS OF COOKING FISH

Bake small fish, or fillets of fish, in a long fireproof dish which has been lightly buttered. Pour in a little of the sauce, then add the fish with sliced mushrooms around them. Cover them with sauce and over them pour 2 tablespoonsful of white wine. Sprinkle with very fine breadcrumbs and tiny pieces of butter.

Put the dish in a hot oven and let the fish cook for from 20 to 30 minutes, according to their size.

If the "gratin" has not browned at the end of that time, finish it under a very hot grill. It should be neither too dry nor sodden—but crisp and rich. To succeed in this may need practice in the management of the oven.

To Grill

Keep one grill specially for the purpose. A double grill is best, as it is difficult to turn fish over without breaking it.

Before grilling round fish make several diagonal incisions across them on both sides. If the fish are flat, make the incisions parallel with the backbone.

Dip the fish in milk, then in flour. Shake them well by the tail, so that any superfluous flour will fall off, and pour a little melted butter over them.

Or: brush the fish over with clarified melted butter, or with olive oil. Salmon, herring and mullet should be treated in this way. Never flour them.

Grease the grill and heat it. Lay the fish on it. The larger the fish the farther away it should be from the flame, and the more moderate the heat.

A PRETTY KETTLE OF FISH

Otherwise the outside will burn while the inside remains uncooked. Small fish can be put quite close to strong heat.

From time to time baste the fish (unless they are naturally oily like herring and mackerel) with melted butter or olive oil.

It is almost impossible to give the exact times required for grilling fish. Experience will teach. Probe them near the head. If the flesh leaves the bone cleanly, the fish is done.

Fish can be grilled wrapped in greased paper. Season them first.

À La Meunière

The butter used in this form of fish cooking must be clarified (p. 32). If this is not done the sediment from it on the bottom of the pan will adhere to the fish, especially if it is a heavy one, and inevitably the skin will be broken.

Melt just sufficient butter entirely to cover the bottom of the pan you use—and let that pan be a good strong one.

Prepare the fish by sprinkling them lightly with salt and pepper and dipping them in flour. When this is done hold each by the tail and very gently shake off any excess of flour.

Heat the butter gently and when it begins to smoke a little (but not to colour) lay in the fish. Do not crowd them. All fish cooked in this way must be turned once and this has to be done with very great care.

The time required for cooking the fish will of course vary according to their size. Small trout

VARIOUS WAYS OF COOKING FISH

will need about 5 minutes on each side. A medium-sized sole 20 minutes in all. It is always possible to know when a fish is ready by delicately raising the flesh by the head. If it separates cleanly from the bone, it is cooked enough.

Transfer the fish from the pan into a very hot dish which you have sprinkled with finely-chopped parsley and a little lemon juice. In a small saucepan melt a tablespoonful or two of clarified butter. Let it cook till it is the colour of *café au lait*, then pour it over the fish.

Poach

Butter a fireproof dish lightly. Sprinkle on it a little lemon juice and seasoning. Put in the fish and barely cover it with salted water, milk and water or *court-bouillon*. Put it into a very moderate oven and let it cook so gently that the liquid barely moves. A small fish, or fillets, will cook in about 10 minutes.

To Steam

Fish may be cooked in a steamer over plenty of fast-boiling salted water. They will take longer to cook than if boiled, but their nutritive elements will be preserved.

The best way of cooking fish for an invalid is to put it on a lightly buttered plate. Sprinkle it with lemon-juice and seasoning, cover it with greased paper and set it over a saucepan containing boiling water. A small fish will take half an hour to cook. It will retain all its flavour and nutritive elements.

Various Preparations and Processes

BATTER FOR FRYING

FOR a small quantity of fish, take 2 heaped table-spoonsful of sifted flour, half a tablespoonful of the best olive oil, a whole egg and a wineglassful of tepid water.

Put the flour into a basin, make a hole in the middle of it, and into this put the yolk of an egg which has been lightly beaten up with a little of the tepid water and strained. Add the oil—and, if you want a very good batter, a dessertspoonful of brandy.

With a wooden spoon slowly work in the flour from the edges to the centre of the bowl. Do not beat the mixture but stir it steadily. Then, by degrees, add the rest of the water.

This batter, when so perfectly mixed that not a lump remains in it, should have the consistency of thick cream. If it is too thick, add more tepid water. If, however, you are going to add the beaten white of the egg—just before using the batter—it must not be too thin.

Set the batter aside for 2 hours at least. It is best kept in the kitchen—never in a cold place.

VARIOUS PREPARATIONS AND PROCESSES

A very good batter is made by using light beer instead of water.

BATTER FOR PANCAKES

1. Mix half a pound of flour with rather less than a pint of milk. Work it until you have a perfectly smooth paste. Then add the yolks of 2 or 3 eggs, one at a time. Stir well together. Season with salt and pepper and set aside for 2 hours or more.

Just before you are ready to use the batter, stir in the stiffly-beaten whites of the eggs.

Your frying-pan should be well scoured and dried before it is used. Brush it over with melted lard—the less you use the better for the pancakes. (Renew the lard for each pancake.) When it is smoking hot, pour about half a wineglassful of the batter into the centre of the pan and cook over good heat.

2. *M. Gaudin's Recipe*

Mix thoroughly quarter of a pound of flour and 2 eggs. Add a pint of milk, a pinch of salt and finish with a little melted butter.

L'Escargot Bienvenu Restaurant.

THE BOUQUET

This is a little bunch composed of a sprig of parsley, one of thyme and a bay-leaf. Old English cooks called it a "faggot."

A PRETTY KETTLE OF FISH

CLARIFIED BUTTER

Put half a pound of butter in a small saucepan and heat it very gently, being careful that it does not colour. Simmer for a few minutes. Take the pan off the fire, wait till the bubbles subside, then pour off the butter into an earthenware pot, being very careful that none of the sediment from the bottom of the pan goes with it.

BREAD CRUMBS

These can be bought at a baker's, and certainly to buy them saves a good deal of trouble. They should not be kept long for they soon get a stale taste. Keep in a closely covered tin.

To make them at home, take bread that is at least two days old. Cut off the crusts and break up the crumb into small pieces. Put these in a strong clean cloth, roll it round them, twist it and pound it. Put the crumbs through a fine sieve. Keep in an air-tight tin.

RASPED BREAD

Dry and lightly colour crusts of bread in the oven. Put them in a cloth and pound them with a flat-iron. Put them through a sieve. Keep in an air-tight tin.

CROÛTES AND CROUSTADES

These are cut out of slices of close-textured one-day old bread, about one-third of an inch thick.

VARIOUS PREPARATIONS AND PROCESSES

They can be shaped according to your fancy. Fry them in clarified butter till they are golden-brown and crisp. Sprinkle a little seasoning on them.

A DUMPLING TO SERVE WITH FISH

Czechoslovakian recipe

Cream rather over 2 oz. of butter, then add 3 whole eggs, 1 at a time, beating well. Have ready a big slice of crustless white bread which has been softened in milk. Break it up and add it to the mixture. Then stir in a breakfast cup of salted and sieved flour. Stir lightly till you have a soft dough.

Butter a white napkin, put the dough into it, shaping it like a roll pudding. Fold the napkin round securely and tie it at both ends.

Cook in plenty of boiling salted water for an hour. Take the dumpling out of the cloth, and cut it into slices.

Madame Ruzicka.

GELATINE

Gelatine can be bought in leaves, and on the whole this is the best kind to buy. It can also be bought in a powder. Directions will vary—according to the make.

If leaves are used, soak them for a little while in cold water. Then, having drained them, melt in as little hot water as possible. If you are not ready to use the gelatine, set the saucepan containing it in another holding hot water.

Heat a strainer by putting it into boiling water

A PRETTY KETTLE OF FISH

and pour the melted gelatine through it into whatever has to be stiffened, stirring hard.

Half to three-quarters of an ounce of powdered gelatine will be required for a pint of liquid. Melt in hot water and strain.

Keep the gelatine in an air-tight tin.

GREEN COLOURING FOR SAUCES

This colouring can be made with Spinach leaves only. It is better if a mixture of leaves is made. Take a handful of spinach leaves, the same quantity of watercress, some tarragon, chives and parsley—all freed from their stalks. Wash and dry them thoroughly.

Use an enamel saucepan as this will help to preserve the colour. Put the leaves into plenty of boiling water and let them cook hard, uncovered, for 5 minutes. Drain them on a sieve and then let cold water run through them from a tap. Drain them again and dry them in a cloth. Put a fine sieve over a bowl and press the leaves through.

FISH JELLY

Isinglass should be used in preference to gelatine in making jelly for masking fish.

Soak it for at least an hour in a very little hot water. Then pour it through a heated strainer into the stock, stirring quickly as you pour.

An ounce of isinglass will be required for one pint and three-quarters of liquid. This is not a definite instruction, for in hot weather slightly

VARIOUS PREPARATIONS AND PROCESSES

more may be required. It is important, however, that the jelly should not be too stiff.

Pass the fish stock through two folds of butter muslin. Put it in a saucepan and heat it. Add the isinglass, and bring the stock to a fierce boil. Then let it simmer very gently for 5 minutes.

Made in this way the jelly will be fairly clear if passed through a cloth which has been wrung out in cold water.

If perfect clarity is required, add the lightly beaten white of an egg (one to a pint of stock) and the washed shell to the stock when cold. Bring it very slowly to the boil. Let it simmer gently for a minute or two and then pour through a tammy.

To Prepare Moulds of Jellied Fish

When the jelly is cold, but not set, cover the bottom of the mould to the depth of about an inch with it. Set the mould on ice, or in a very cold place, and when the jelly sets arrange the fish, etc., on it. Cover with the rest of the jelly.

To Unmould a Jelly

Dip the mould in warm water and leave it there for a minute. Then, reversing it, turn out the contents on a dish. Be very careful not to shake them.

MACARONI

It is very important to get good macaroni, and when it is possible, it is best to buy it from an Italian shop where sales are quick. Heaven knows how long the various pâtes have waited to be sold in most grocer's shops.

A PRETTY KETTLE OF FISH

Cook macaroni or spaghetti in plenty of boiling salted water, until it is tender but not too soft. If it is fresh, 20 minutes should be long enough.

MARINADE FOR FISH

A marinade is composed of olive oil, lemon juice, chopped parsley, thyme, pepper and salt. Vinegar should not be used, unless so directed.

Put sufficient of the marinade into a china or earthenware deep dish to well cover the bottom of it.

Fish put into a marinade should be turned several times and basted occasionally.

PAPER BAGS FOR COOKING FISH IN

In making these coverings for grilling or baking fish, it is essential to have the paper of good quality. Cut it into round or heart-shaped pieces, large enough to allow for folding the edges over two or three times. Grease them on the inside with oil, clarified butter or melted dripping. Lay the fish on one side, fold over the other, and turn the edges up. Fold them over twice and secure them with very small clips—not pins. Then grease the outside of the bag.

QUENELLES

Whiting is the best fish to use in making these delicate things. 5 or 6 oz. of fish will be needed to mix with 3 oz. of panada.

VARIOUS PREPARATIONS AND PROCESSES

The panada is made in this way: Put crumbled stale white bread into a little boiling milk and stir well together. Then pour into a square of muslin, holding the four ends together. With the fingers press out as much of the milk as possible. Put the bread back into a saucepan and stir it over very gentle heat until you have a thick, smooth paste. Put this on a board, flatten it and brush it over with melted butter to prevent a crust from forming.

Put fish and panada into a mortar and pound them well. Add 3 oz. of softened butter. Work well together. Press through a sieve into a bowl.

Add the yolks of 2 eggs and work into a very smooth paste. Season. Put the mixture on a floured board, roll it out as lightly as possible, and, dipping your knife into hot water, cut it out into oblong pieces about an inch long. With your floured fingers shape these into tiny sausage-shaped rolls. Or: Heap a warmed teaspoon with the mixture. Shape the top by pressing down another warmed teaspoon over it. Trim the edges. Continue until you have used up your material.

Drop the quenelles into boiling water and let them cook gently for about 5 minutes, keeping them apart with a wooden spoon.

SOUFFLÉ-MAKING

There is no reason why a soufflé should be a failure—unless it is kept waiting.

I would advise the purchase of an unlined copper bowl in which to beat the whites of eggs. For

A PRETTY KETTLE OF FISH

some reason copper lends its aid in a very noticeable way.

Separate yolks and whites, being very careful that not one speck of yellow falls into the white. Add a small pinch of salt and then, with a whisk if you use a bowl, or a long knife if you work on a plate, beat the whites, gently at first, and then as fast as you can, until you have a mass so firm that it can be lifted whole on a whisk.

Add half of the whipped whites to the soufflé mixture and stir together lightly and quickly. Put the rest on top of the mixture, and with a spoon lift from the bottom of the bowl as much as it will hold and lay it over the whites. Turn the bowl round slowly, bringing up spoonful after spoonful until you have made the round.

Pour into a buttered soufflé dish. It should not be more than three-quarters full, but the sides can, if necessary, be heightened by tying a strip of buttered paper round the dish. Smooth the surface with a knife, making several incisions in the mixture.

Set the dish in an oven at a temperature of from 300–350°. It is important that heat should come from below and not from above or you will get a hard crust on the surface. Some cooks like to stand the dish in a pan of hot water. I have not found this necessary provided you can keep the right temperature.

If your soufflé is in a deep dish, bake it for at least half an hour. If you use a pudding dish, 20 minutes or so will be long enough.

Never let a soufflé bake too long. It should be cooked but moist inside.

VARIOUS PREPARATIONS AND PROCESSES

To Butter Moulds for Soufflés

Take a little clarified butter and melt it. Pour it into a warmed dish and turn it round and round until bottom and sides are lightly coated.

STOCK

Fish stock is made with the head, trimmings and bones of such fish as whiting, brill, turbot and sole. If the fish have been filleted at a fishmonger's, see that these pieces are sent to you.

Crush the bones and put them in a pan with sliced carrots and onion, a small bouquet (p. 31) and water. (A small wineglassful of wine will give a very good flavour to the stock ; so will the trimmings of mushrooms.) Bring the water to the boil, skim carefully and simmer for half an hour. Strain the stock through muslin and set aside in a cool place till it is required. Boil up every day in hot weather ; every other day in winter.

Allow one quart of water to a pound of fish and bones.

To keep Fish Stock

Strain the stock after it has been used into a basin and keep it in a cool, airy place. It is best to stand the basin on two or three small blocks of wood so that air can pass under it. Boil up the stock every day in summer ; every other day in winter.

TO BOIL RICE

For risottos use Piedmont rice. If it is to be served with curried fish, use unpolished Patna rice.

A PRETTY KETTLE OF FISH

Wash the rice in two or three changes of water. Drain it.

Put plenty of salted water into a large saucepan. When it comes to the boil add the rice, a little at a time. Let the water come to a fierce boil, then with the cover a little to one side, let it cook gently for from 20 to 25 minutes. You can tell when rice is cooked by taking out a few grains and pressing them between your thumb and finger. If there is no hard core left to them, it is ready. Take the pan from the fire, throw in a cupful of cold water. Then drain off all the water and set the pan, with the lid off, near heat, but not over it.

Fish Soups

STOCK FOR FISH POTTAGES

Take a Skate or Thornback, half a dozen Plaice and Flounders, some Whitings, and a Piece of fresh Cod : or you may take Land Fish, Trouts, Tenches, Carps and Eels, clean all very well, and boil 'em down in fair water ; season with whole Pepper, Ginger, Cloves, and Mace, put in a good Faggot of sweet Herbs, a Handful of Parsley, a Root or two of Sellery, some Onions and a few Leeks, put in a French manchet or two cut in Slices, boil all very well down, and then strain it out, forcing some of it through your Strainer ; put in some Salt and then fry a little flat Fish off brown and crisp, being well flower'd, and dry the Fat of them, and stove them down in some of your Stock, and that will be a little brown. Then strain it for use.

"The Complete Practical Cook," Charles Carter, 1730.

CRAW-FISH SOUP

Take half a hundred of fresh craw-fish, boil them, and pick out all the meat, which you must carefully save. Take a fresh lobster, and pick out all the meat, which you must likewise save. Pound the shells of the lobster and the craw-fish fine

A PRETTY KETTLE OF FISH

in a marble mortar, and boil them in four quarts of water, with four pounds of mutton, a pint of green split peas nicely picked and washed, a large turnip, carrot, onion, an anchovy, mace, cloves, a little thyme, pepper, and salt. Stew them on a slow fire, till all the goodness be out of the mutton and the shells and strain it through a sieve. Then put in the tails of your craw-fish and the lobster meat, but in very small pieces, with the red coral of the lobster, if it has any. Boil it half an hour, and just before you serve it up, put to it a little butter melted thick and smooth. Stir it round several times, take care not to make it too strong of the spice, and send it up hot.

"The London Art of Cookery," John Farley, 1787.

On the whole, with the exception of the expensive and elaborate bisques, fish soups are not, I think, very popular in England. Oysters are too precious to use in a soup; but clam broth, which I have never tasted in any English house, is not only delicate but very nourishing—the perfect soup for an invalid or convalescent. It can be bought in tins.

For bouillabaisse one should go to Provence.

A SIMPLE LOBSTER BISQUE

Make quarter of a pound of lobster butter (p. 195) (for a quart of soup). Pound the flesh of a cooked lobster with an equal quantity of cooked rice in a mortar and then put the mixture through a sieve. Add sufficient fish stock to make up the required quantity and heat gently—without allowing the soup to boil.

FISH SOUPS

A few minutes before you are ready to serve add, off the fire, the lobster butter, a small piece at a time. And, having beaten up the yolks of 2 eggs with a little cream, add them. Set the pan in a *bain-marie* (p. 183), stir until the soup thickens. Do not allow it to boil, or it will curdle. See that the seasoning is right and serve at once.

A tablespoonful of tomato purée (p. 224) can be used in making the soup.

A FRENCH SOUP

Almost any kind of fish may be used in making this soup.

Allow a quart of *court-bouillon* to a pound of fish.

Put the fish in cold *court-bouillon* and simmer it till it is tender. Take it out, remove all the bones and skin and rub through a sieve.

While the fish is being prepared let the *court-bouillon* boil quickly so that it is reduced in quantity. Skim it and strain it through muslin, then put it back into the cleaned saucepan with the fish purée.

Beat up the yolks of 2 eggs with a little cream, strain them and add them to the soup—which must be off the boil. Stir till the soup thickens, being very careful that it does not reach boiling-point. Take it off the fire and whip in a few small pieces of butter. Season and serve.

A CZECHOSLOVAKIAN RECIPE

To one tablespoonful of hot butter add one each of finely chopped carrot, celery and cauliflower. Let

A PRETTY KETTLE OF FISH

the vegetables colour slightly and then add a quart of fish stock made of the heads and bones and trimmings of the fish you are going to use (p. 20). In Central Europe carp is generally used, but other fish will give results as good.

Fillet the fish and put them in the stock. Cook very gently till tender. Then thicken with brown *roux* (p. 184), and simmer for another 10 minutes. Season highly, sprinkle with chopped parsley and serve with *croûtons* of fried bread.

Madame Ruzicka.

A HUNGARIAN RECIPE

Make a good fish stock, using plenty of vegetables—turnips, celery and onion, together with green herbs. Season well.

Cook a number of fish roes very gently in a little stock. Press them through a sieve when tender and add the purée to the strained stock.

Thicken just before serving with the yolks of eggs beaten up with cream—sour if possible.

Madame de Szász.

RECIPES : NOTE

“Quiconque, à son avis, veut servir en bon hôtel, il doit avoir tout ce qui est en ce rôle écrit en son cœur ou écrit sur soi ; et qui ne l’a, il ne peut bien servir au gré de son maître.”

From an early French Treatise.

To have a recipe, even a good one, is only half the battle. An inexperienced cook will find the oven as often an enemy as a friend, and to make sauces needs not only the written direction, but judgment, patience and care.

When however a cook, amateur or professional, has learnt the general rules for cooking, when she has them “in her heart,” everything becomes easier. Many tiresome references to a book will then be unnecessary ; and knowledge will give a confidence that will result in experiment—the varying of ingredients in recipes to suit individual tastes.

Sauces play a very important part in fish cookery. English people who do not hesitate to pour the fiercest kind of stuff from a bottle on their fish, often complain of French dishes that they are “smothered in sauces.” Fish should not be smothered—merely enhanced. A good sauce should not hide what flavour a fish holds, and it will often lend flavour to what would otherwise be rather tasteless. Let it be a delicate accompaniment, not an overwhelming one. The use of cheese in sauces is often disliked, especially by men. It is never essential to add it.

Sea Fish

Misleading Names

THE Ministry of Agriculture and Fisheries at the request of representative trade associations, has made a list of retail trade names for fish. Unfortunately it carries no authority, the Ministry having no legal power to compel the use of particular names.

Among the most misleading of the names at present in use is the "Torbay" sole. This should be known as "witch"—a fairly pleasing fish which can be cooked in several ways like the sole it pretends to be but is not. "Megrim" is another name for this would-be "Dover sole."

Rock salmon may mean several of the cheaper fish. It should mean one only—the coal-fish, known also as black pollock or, in Ireland, glassin. Others that figure at times under this fancy name are the ugly wolf and angler fishes—always shown without their heads. Dogfish of the common spotted kind is also sold under the name of rock salmon; and in spite of the prejudice which the pike-like head of this little shark creates, it is not only eatable, but good eating. Fried-fish shops use it largely.

SEA FISH

BASS

Bass which is seasonable from April to August is an estuary fish.

Boiled

Cut off the fins and the end of the tail. Cook in salted water as you would salmon. Drain well and brush over with melted butter before serving with one of the varieties of white sauce.

Baked

Bass may be baked plain or stuffed. See Fresh Haddock (p. 63). Serve with boiled potatoes and mustard sauce (p. 187).

Grilled etc.

Small bass—weighing about 10 ounces—can be grilled, fried, cooked au gratin or *à la meunière* and served with various sauces.

BREAM

HOW TO SEETHE A BREAME

Put white Wine into a pot and let it seethe, then take and cut your Bream in the middell, and put him into the pot, then take an Onion, chop it small, then take Nutmegs beaten, Cynamon and Ginger, whole Mace to a pound of Butter and let it boyle altogether and so season it with salt, serve it upon Sops, and garnish it with fruite.

17th century recipe.

A PRETTY KETTLE OF FISH

BREAM BROIL'D

Take a Bream, scale him, wash him, and scorch and cut him on the sides, and lay him on the Grid-Iron upon a little Straw that he may not stick to the Grid-Iron, keep him basted with Butter till he be ready; this done take fresh Butter and melt it in a Pan, put to it some Parsley minced very small, some Verjuice, Grapes, white Powder and a little Saffron beaten and steeped in old Verjuice and Salt, make it all boil together, and pour it over your Bream.

Giles Rose, 1682.

Bream is at its best from June to December.

Baked Bream à la Grand'Mère

Choose a large bream.

Soak fine breadcrumbs in a little milk, then squeeze out all the moisture they have not absorbed. In a bowl work together the breadcrumbs with 4 tablespoons of melted butter, seasoning, chopped parsley and a touch of nutmeg. Have ready a dozen small mushrooms which have been cooked in butter and, cooked separately, a small sliced onion. Mushrooms and onions should be chopped. Add them to the breadcrumbs and butter together with a well-beaten egg—white and yolk.

Sprinkle salt in the inside of your fish which in preparation should have been slit down from head to tail. Stuff it and tie it up. Put it on a fireproof dish which has been rubbed with butter. Pour over the fish a glass of white wine and sprinkle it with small dice of butter. Put the dish in the oven

SEA FISH

and baste it two or three times while it cooks. If the fish weighs about a pound it will be ready in 25 minutes.

"La Cuisine au Coin du Feu." Paul Bouillard
(*Albin Michel*).

Fillets of Bream au Gratin

Before cooking them marinade the fillets in oil and herbs (p. 36). Then drain them and lay them in a fireproof dish in which a tablespoonful of butter has been melted. Add a little chopped parsley and shallot. Put a few pieces of butter on the fish and sprinkle it with seasoning. Cook in the oven for about 20 minutes, basting several times.

Two tablespoonsful of good stock may be put with the fish to advantage.

Fillets of bream may also be creamed and browned (p. 26), or grilled (p. 27).

BRILL

The Barbue (brill) is in a manner the same sort of Fish as your Turbot is, only the Barbue is a little less, but not much difference in the Fish, therefore the Barbue must be drest as the Turbot is done.

Giles Rose, 1682.

This fish is in season all the year.

Boiled

If brill is to be boiled, add salt and a tablespoonful of wine vinegar to the water. Allow about 10

A PRETTY KETTLE OF FISH

minutes to the pound. In their season, pea-pods can be added also.

Serve brill with a Hollandaise (p. 188), Normandy (p. 191) or green sauce (p. 186), and garnish the dish with slices of lemon.

Brill makes an excellent salad when cold. It is very good in a fish pie (p. 179) or soufflé (p. 182).

Grilled

Slices of brill may be grilled (p. 27).

Creamed au Gratin

The flaked cooked fish can be mixed with a white sauce, heated and browned in a fireproof dish in the oven. Or a Mornay sauce may be used in the same way (p. 26).

À la Meunière

Slices of brill can be cooked *à la meunière* (p. 28). These are good garnished with mushrooms and small shaped potatoes which have been boiled, drained, and lightly browned in butter: or with artichoke bottoms (p. 218).

Brill à la Duglère

Have the brill filleted.

To a pound and a half of fish, allow rather under a pound of tomatoes. Plunge these into boiling water, remove and peel them, then squeeze out the seeds and chop them up.

Chop sufficient onion very finely to make a heaped tablespoonful.

Have ready also a tablespoon of tomato purée (p. 224).

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Butter a fireproof dish liberally. Put half of the mixed vegetables on it and the tomato purée. Then lay in the fillets, covering them with the rest of the chopped vegetables. Add also a small bouquet of herbs (p. 31).

Over all pour a claret-glassful of white wine, and one of fish stock (p. 39).

Divide an ounce of very good butter into tiny pieces and sprinkle them over the fish.

Allow the liquid to boil up over the gas or on the oven and then put the dish in a hot oven and bake for from 15 to 20 minutes.

At the end of this time, take out the fillets very carefully, remove the skin, and set them on a hot dish placed over a pan of boiling water.

Take out the bouquet from the dish, and pour the tomatoes and liquid, etc., into a saucepan. Add a little *roux* (p. 184) and cook for 5 minutes, stirring all the time. If any more liquid has come away from the fish, add it to this sauce, and, at the last moment, stir in a piece of butter. Whip well together and season further if necessary, adding a little Cayenne. Pour this sauce over the fish and serve at once.

Brill is very good cold with mayonnaise.

COD

FRESH COD

Mix a great deal of the best White Wine Vinegar with the water in which you boil Fresh Cod, Lemon Peel, Salt, Mace

A PRETTY KETTLE OF FISH

and Cloves ; otherwise the Fish will taste waterish, be very flabby, and liable to break in the Kettle. The sauce for this cannot be too rich, and if you are allowed it, spare neither their Ketchup, the Body of a Lobster or Crab, Oysters, Shrimps, but if you have not all these at hand, put in as many of them as you can.

“ A New and Easy Method of Cookery,”

Elizabeth Cleland, 1759.

CODS' HEADS

Having washed the head very clean, and scored it with a knife, strew a little salt on it, and lay it in a stewpan before the fire, with something behind it, that the fire may roast it. Throw away all the water that comes from it the first half-hour ; then throw on it a little nutmeg, cloves, mace, beat fine, and salt. Flour it, and baste it with butter. When it has lain some time, turn and season it, and baste the other side the same. Turn it often, then baste it with butter and crumbs of bread. If it be a large head, it will take four or five hours baking. Have ready some melted butter with an anchovy, some of the liver of the fish boiled and bruised fine, and mix it well with the butter, and two yolks of eggs beaten fine. Then strain them through a sieve, and put them into the saucepan again, with a few shrimps or pickled cockles, two spoonfuls of red wine, and the juice of a lemon. Pour it into the pan in which the head was roasted, and stir it altogether. Then pour it into the saucepan, keep it stirring and let it boil. Pour it into a basin, and garnish the head with fried fish, lemon, and scraped

SEA FISH

horse-radish. If you have a large tin oven it will better answer the purpose.

"The London Art of Cookery," John Farley, 1787.

COD CRIMPED

Cod ought to be crimped in thin slices, and you will then have the whole of your fish boiled quickly, equally, whilst in thick pieces the thin or tail part is overdone before the thick part is half boiled. Another advantage is, that you need not put your fish into the kettle until your guests are arrived.

"The Art of Dining," Abraham Hayward, 1858.

Boiled

Never boil the tail-end of cod with the middle. It would be over-cooked before the thicker part is half ready.

Rub cod that is to be boiled with salt and lemon-juice, and put it into plenty of salted water. Allow 10 minutes to the pound and a few minutes over.

Serve it with egg or caper sauce. Hollandaise is too good for it. Normandy sauce is also recommended. The dish can be garnished with fried cod's roe (p. 58).

The dumpling for which a recipe is given on page 33 is good with boiled cod.

Baked

Before baking cod it should be laid in a marinade of oil, chopped onion and herbs (p. 36) for an hour. Several deep incisions must be made in the fish,

A PRETTY KETTLE OF FISH

If a whole fish, or a long portion of it, is to be stuffed it should be split and the bone removed. If cod steaks are to be stuffed the stuffing can be put outside the bone and kept in position by tying the flaps of fish, with which all middle-cuts are provided, round it.

First dip the cod into fast-boiling water. Then take it out, peel the skin off, and let it cool. Stuff it with one of the stuffings mentioned on page 171.

Melt two tablespoonfuls of butter in a fireproof dish. When it is very hot lay in the fish. Cover it with a greased paper and bake in a moderate oven, basting occasionally and turning the fish once.

Make a white sauce of milk and the liquid in the dish, keeping the fish hot (p. 170) meanwhile. If some finely chopped shallots and fresh herbs have been added to the butter in the dish, the sauce will be all the better. Oysters or mussels can be added.

Allow 20 minutes to the pound for baking.

Creamed and Browned

Cook the cod in saltened water. When it is ready take it out and drain it thoroughly. Remove all the skin and bone and flake it.

Make a good white sauce and season it well. Pour a little into the bottom of a fireproof dish. Then put in the well-seasoned fish. Pour plenty of sauce over it and set it in the oven to heat and brown.

Mornay Sauce (p. 185) may be used instead of white sauce.

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Fried

Slices or steaks of cod from the tail-end can be fried. They should not be more than three-quarters of an inch thick. Rub them with lemon, sprinkle them with salt and pepper and then dip them in flour. Fry them in very hot clarified butter in a flat wide pan; or, the slices may be egg-and-breadcrumbed (p. 25) and fried either in butter or in hot fat.

Serve with a ball of anchovy butter (p. 195) on each slice or with tartare (p. 194) or tomato sauce (p. 191).

Grilled

Marinate slices of cod about an inch thick in oil with herbs and onion (p. 36). Drain them and grill them slowly, basting with a little butter. Sprinkle with salt, add pepper and a little lemon-juice. Serve with pats of anchovy butter (p. 195) or tartare sauce.

Irish Stew

Slice several large Spanish onions and cook them in boiling salted water for fifteen minutes. Drain them thoroughly.

Put the uncooked fish into boiling water for a few minutes—or until the skin separates easily from the flesh. Skin and bone it.

Put alternate layers of onion, fish in small but solid pieces, and potatoes in a pan; cover with hot water. Bring to the boil, skim, and simmer till the stew is well cooked.

Pour off some of the water and serve in a very hot deep dish, sprinkled with chopped parsley.

A PRETTY KETTLE OF FISH

À la Meunière

Thin slices of cod can be cooked *à la meunière* (p. 28).

Matelote of Cod

Cut the cod in slices about an inch thick and put them in a pan with sufficient white wine to cover them. Add seasoning, a small bouquet (p. 31), a chopped onion and a clove. Bring the wine to the boil and cook over strong heat until the fish is ready. Take out the slices, lay them in a deep dish and keep them hot (p. 170) until the sauce is made.

Strain the liquid from the pan into a small sauce-pan and add to it a number of mushrooms which have been cooked in butter. Stand this pan in a *bain-marie* (p. 183) and add the yolks of 2 eggs which have been beaten up with 2 tablespoonsful of cream. Season. Heat the sauce slowly, beating all the time until it thickens. Do not allow it to boil. Pour it over the fish and serve at once.

Two Hungarian Recipes

1. For this dish and the following one "fogas" is used in Hungary. It is, however, so like a very small, young cod, that the English fish may well be substituted for the foreign one.

Clean the fish and sprinkle salt inside it. In its flesh make several deep incisions and fill these with finely chopped mushrooms.

Sprinkle the bottom of a long pan with pieces of butter. Lay the fish in, sprinkling butter over it. Bake in the oven, basting often with melted butter.

SEA FISH

Just before serving the fish pour a glass of cream over it. Let all come to the boil, sprinkle with finely chopped parsley and serve at once with boiled potatoes and slices of lemon.

The cream and butter in the pan is served separately.

2. Cut the fish into steaks and remove the bone. Rub them with salt and paprika and let them stand for an hour. Then, having dipped them in flour, cook them in hot butter with finely shredded onions. Just before serving add a cupful of sour cream.

Madame de Szaśż.

Cod à la Provençale (Without the garlic)

Boil several rather thick slices of cod in a *court-bouillon* (p. 21). Take them out and drain them well.

Chop a tablespoonful of onion very finely. Chop a few mushrooms. Have ready slices of peeled tomato.

Heat a little butter in a pan. Add the onion and mushrooms. Let them cook very gently, then put in the slices of tomato and cook for a moment or two. Add seasoning.

Put half of the mixture at the bottom of a fireproof dish. Lay the slices of cod on it and finish with a layer of the tomato and mushrooms, and some fine breadcrumbs. Heat and brown in the oven.

Serve with boiled potatoes that have been shaped into small balls. Sprinkle these with finely chopped parsley.

Fried cod's roe (p. 58) may be used as a garnish.

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Two Spanish Ways

1. Put oil in a saucepan, and add two chopped onions of medium size, a clove of garlic, a slice of bread and a little chopped parsley. Let all fry together until lightly coloured. Pour off and crush in a mortar.

Into a pan large enough to hold the fish, put a tablespoonful of ground red pepper, and the oil and onion mixture. Lay over this the fish, adding sufficient water to cover it. Simmer till tender. Reduce the liquid and serve with the fish.

Señora Gareze.

2. Put olive oil in a saucepan and when it is very hot add some chopped onions, two cloves of garlic, sliced tomatoes and a few scalded dried mushrooms. Then on the vegetables lay slices of cod. Cook gently. Season highly.

Fry four or five slices of bread and lay them in a deep dish. Pour the fish stew over them and serve very hot.

Señora Gareze.

With Welsh Rabbit

Slices of grilled cod may be spread with a very thin coating of Welsh rabbit mixture and browned under the grill. This is a good supper dish for a good digestion.

Cod's Roe

Wash the roe carefully in cold water. Tie it up loosely in muslin and put it into boiling salted water. It should simmer for about half an hour. Then take it out, remove the bag and let it cool.

SEA FISH

With a sharp knife cut off the skin and, using a cutter, shape it into small rounds. Sprinkle these with seasoning, dredge them with flour and fry them in very hot clarified butter. Or, egg-and-breadcrumb them and fry them in hot fat.

SALT COD

Prepare the fish by cutting off the fins and tail, scraping away any remaining scales and thoroughly washing it in cold water. Then cut the best part of it into pieces not more than four inches long.

In order that the fish may not lie in the salt which will be precipitated from it to the bottom of the pan in which it is soaking, lay it on a grid or sieve. Cover it with plenty of water and let it soak for twenty-four hours, changing the water at least three times.

Put the soaked fish into a large saucepan full of cold water—the pieces must not be crowded. Let the water come to the boil, skim very carefully, and finish cooking in water that barely moves. (If it is cooked quickly it will be tough). Do not cover the pan. Prepared in this way twenty minutes gentle simmering should suffice.

If a small quantity only of fish is being cooked, half milk, half water may be used. Sufficient will be needed to cover the pieces.

Salt cod à la Bretonne

Remove all skin and bones from the cooked fish. (For this method it is best that it should be simmered in milk and water.) Flake it finely and mix it with

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a good white sauce (p. 185) to which shrimps, or chopped hard-boiled eggs can be added. Season with pepper only. The sauce can be flavoured with tomato.

This mixture can be served as it is, or it may be used to fill small fireproof dishes which should be sprinkled with breadcrumbs, grated gruyère and tiny pieces of butter and browned in the oven or under a grill.

The finely chopped fish with a little sauce can also be spread on pancakes, which should then be rolled and reheated in the oven. Or it may be served in a *vol-au-vent* case with either of the sauces indicated.

Salt Cod-Fish Balls

Take equal quantities of cooked fish and potato. Add 1 oz. of butter and mash together until you get a firm paste. Mix this with a good white sauce and the yolks of 1 or 2 eggs which have been lightly beaten. These balls can be rolled in flour and fried, or they may be egg-and-bread-crumbed. They must be cooked in very hot fat.

Creamed and Browned

Put into a deep dish layers of cooked cod fish alternating with layers of white, tomato, or Mornay sauce, beginning with a layer of sauce. Finish with fine breadcrumbs and small pieces of butter. Heat and brown in the oven.

Salt Cod à la Princesse

When the cod fish has been cooked let it drain on a cloth.

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Prepare a marinade made of 20 tablespoons of cold water, 2 of vinegar, a few pepper-corns, chopped parsley and chives, a clove of garlic (which may be omitted), an onion cut in rounds and 2 cloves.

When the fish is thoroughly drained, divide it into pieces, being very careful to remove all the bones and skin, and place it in a deep dish, pouring the marinade over it. Leave it for 2 hours.

Take out the flakes at the end of this time, detaching the herbs, etc. Drain them again on a cloth.

Prepare a rather thick batter, made with flour, a pinch of salt, milk, the yolks of 2 eggs and a little grated gruyère. When it is well mixed, dip the flakes of cod into it.

Then whip up the whites of eggs, but lightly only. Dip each piece of fish into them just before you throw them into very hot fat to fry. Let them colour on both sides.

When the fritters are ready put them in a dish and serve them with egg-sauce.

The Sauce.—Melt two ounces of butter and add a tablespoonful of flour. Then add sufficient milk to make a rather thick sauce, season it, and add a little nutmeg. Let it boil for a few minutes and then add chopped hard-boiled eggs.

“Les Secrets de la Bonne Table,”

B. Renaudet (*Albin Michel*).

Brandade of Salt Cod

When the cod has been cooked, remove bones and skin while it is still very hot—even at the risk of burning your fingers. Pound it in a mortar

A PRETTY KETTLE OF FISH

together with a clove of garlic. It must not be allowed to get cool before the best olive oil is added to make of it a sort of mayonnaise. (The brandade is made in the same way as a mayonnaise.) The thick unctuous mixture obtained is put into a saucepan and beaten continuously while it heats. Just before serving a glass of thick tepid cream is added to it. For one pound of dried cod flesh, rather less than a pint of oil is necessary. It is best to serve the brandade in a deep dish and to crown it with little pointed pieces of bread which have been coloured and made crisp in slightly browned butter.

"La Cuisine au Coin du Feu,"

Paul Bouillard (Albin Michel).

TO BOYL FLOUNDERS AFTER THE BEST MANNER

Take a pint of white wine, the tops of young tyme and rosemary, and a little whole mace, a little whole pepper, seasoned with verjuice, salt and a piece of sweet butter. You may do fish in the sauce liquor three or four times.

One of the dishes served at the table of Elizabeth commonly called Joan Cromwel, the wife of the late Usurper.

FLOUNDERS

Flounders are in season from February to October.

This fish has no great value, but it is pleasant enough fried or cooked *à la meunière*.

SEA FISH

GURNET

Red gurnet are in season from July to April.

Boiled

Cook the gurnet in *court-bouillon* No. 2. (p. 21.) Remove the head before serving with caper sauce. (p. 186.)

Small gurnet should be cooked in water with a glass of wine added to it. Let the liquid just cover the fish. When they are cooked, remove them and keep them hot (p. 170). Strain off sufficient of the wine and water to make a sauce. Thicken it slightly with *roux* (p. 184) and at the last moment add to it 2 tablespoonsful of cream and the necessary seasoning.

Baked

Choose small gurnet. Take off the heads of the fish. Lay them in a marinade of oil and herbs (p. 36) for an hour. Drain them.

Put several slices of fat bacon in a baking-tin or fireproof dish. Lay the fish on them and cover with a few slices of bacon. When cooked drain the fish carefully and serve with sauce.

Or : bake according to the directions for *Stuffed Haddock* (p. 64).

FRESH HADDOCK

Haddock is in season all the year round. Those of medium size are best for cooking.

A PRETTY KETTLE OF FISH

Boiled

Cook the whole fish in a mixture of milk and water (p. 21). Serve with egg sauce and boiled potatoes; or with a green sauce (p. 186) and spinach (p. 221).

Filleted and Fried

Cut each fillet diagonally into three pieces. Rub them on both sides with lemon. Dip them into seasoned flour, then shake them. Fry them as they are, or egg-and-breadcrumb them (p. 25). When cooked, drain the fillets thoroughly on kitchen paper set just inside the oven. Serve with *maitre d'hôtel* butter or tartare sauce.

À la Meunière

Cook fillets of haddock in this way (p. 28).

Stuffed and Baked

Prepare the fish by cutting off tails and fins, and scraping the skin upwards from the tail end.

Make a long incision down the belly of the haddock and stuff it (p. 171). Be careful not to over-fill the fish, for allowance must be made for swelling.

Sew the haddock up, always inserting the needle under the skin.

Butter a fireproof dish generously. Lay the fish in and put it in a moderate oven, covered with a piece of greased paper. Bake for about 25 minutes, basting with seasoned melted butter. Serve with any sauce you like and slices of lemon.

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Stuffed Fillets

Cut the fillets into pieces large enough to be rolled up after they have been spread with stuffing (p. 121). Tie them securely.

Stand them on end in a well-buttered fireproof dish. Cover with greased paper and bake for about 20 minutes in a moderate oven.

Serve with a white, parsley or mushroom sauce.

FINNAN OR DRIED HADDOCK

"A Finnan haddock," writes Sir Walter Scott, "has a relish of a very peculiar and delicate flavour, inimitable on any other coast than that of Aberdeenshire. Some of our Edinburgh philosophers tried to produce their equal in vain. I was one of a party at a dinner where the philosophical haddocks were placed in competition with the genuine Finnan fish. These were served round without distinction whence they came; but only one gentleman out of twelve present espoused the cause of philosophy."

Meg Dods, in her *Cook and Housewife's Manual*, says of Finnan haddocks that they "are named after a hamlet, about six miles out of Aberdeen, and that they should be skinned and broiled (grilled) over a quick, clear fire, and served in a napkin.

"Those of the best quality are of a bright-yellow colour, and have a peculiar odour, from the nature of the materials used in preparing them. When kept above forty-eight hours they lose much of their delicacy."

It is very important to find out the best brand of

A PRETTY KETTLE OF FISH

haddock. Obviously they should come from near Aberdeen.

The "smoky", a small dried haddock, can occasionally be found out of Scotland. It is so delicate in flavour that it is well worth hunting for.

How to Cook

The simplest way of cooking a haddock is to put it in a wide frying-pan and let it simmer for a few minutes in boiling water. Then take it out, cut off the tail and side pieces and let it simmer very gently in milk to which you have added a good-sized piece of butter. Serve with the milk and butter. An American's advice, however, is to let it cook in water at just below boiling-point for 25 minutes.

Dried haddock can also be cooked in the oven.

With Cream

Melt a tablespoonful of butter in a pan. Add a breakfast-cupful of finely flaked cooked smoked haddock. Heat it and sprinkle with finely chopped parsley and pepper. Just before serving add a couple of tablespoons of cream. No way could be better.

Creamed and Browned

Cook the haddock in milk and butter after having scalded it. Remove it, skin and bone it and flake the fish.

Take the milk from the pan and with it and a white *roux* make a white sauce. Mix the sauce

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with the fish, pour it into a fireproof dish and heat and brown in a quick oven.

Cheese may be added to the sauce, and I think the flavour is particularly suited to dried haddock.

With Tomatoes and Rice

Cook the haddock after having soaked it for a couple of hours in cold water.

Peel 3 tomatoes after dipping them in boiling water and press their seeds out. Chop them, cook them in butter with a small chopped onion, a coffee-spoon of sugar and seasoning, until tender. Add them to the flaked fish.

Serve with a border of savoury rice (p. 147).

Finnan Haddock Soufflé

Cook a large haddock, then, removing all skin and bone, flake it very finely. Measure a pressed-down breakfast cup and a half of the flakes and simmer gently in a pint of milk for 15 minutes. Strain off the milk into another saucepan and let it simmer until it is reduced to half its original quantity. With the milk, a tablespoonful of flour and 2 heaping tablespoonsful of butter make a white sauce. Season rather highly, but be careful with the salt. Then add the fish. When thoroughly mixed set it in a large bowl to cool.

Beat up the whites of 3 or 4 eggs until they are very stiff (p. 38). Add them to the fish mixture and pour all into a lightly buttered soufflé dish. Bake for 25 minutes in a moderate oven.

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HAKE

This fish was once so cheap to buy that it was possible to forgive it its lack of flavour. Now it is dearer one is more critical. At the same time good cooking will make it very palatable. It is at its best from June to January.

Baked

Slices of hake well powdered with finely chopped parsley can be baked in the oven. Put a tablespoonful of butter and one of good meat stock in a fire-proof dish; let it heat over a flame. Lay in the slices of fish and cover them with a piece of greased paper. Bake in a quick oven for 20 minutes.

Serve them in the dish they are cooked in, adding a little more melted butter and lemon-juice.

See also *Ways of Using Cooked Fish* (pp. 175-182).

Boiled

Use a *court-bouillon*, without wine (p. 21). Serve with black or Normandy butter, egg or caper sauce, and dumplings (p. 33).

Creamed and Browned (see p. 26)

Au Gratin (see p. 26)

Grilled

Slices of hake which have been brushed over with oil, sprinkled with lemon and seasoning can be grilled, not too quickly. Serve with mustard sauce (p. 187), *maître d'hôtel* or black butter (p. 190).

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Irish Stew

See under *Cod*, p. 55.

HALIBUT

Since this very good fish, which is in season all the year (but *not* at its best in May and June), has little flavour it is best cooked in a well-flavoured *court-bouillon* (p. 21). It should be served with a light rather than a heavy sauce. Normandy sauce (p. 191) and the simplest form of Hollandaise are suitable.

Baked

Take thin slices of halibut and trim them so that they are all of equal size. Brush each on one side with melted butter and sprinkle with lemon-juice and seasoning.

On half of the slices spread a mushroom or shrimp stuffing (p. 172), or a purée of artichoke bottoms. Lay the rest of the slices buttered side down on these, sandwich-wise.

Butter a fireproof dish and put the fish in it. Add half a wineglassful of white wine and one of fish stock (p. 31). Sprinkle with finely chopped parsley and bake, basting several times, for about 20 minutes.

If a sauce is required, make it with the liquid in the dish, adding a little cream or milk and *roux*. Or: thicken the sauce with the yolk of an egg, beating it till it froths (p. 188).

A PRETTY KETTLE OF FISH

Boiled

Cook in a well-flavoured *court-bouillon* (p. 21).
Serve dumplings with it (p. 33).

Au Gratin (see p. 26)

Grilled

Fillets of this fish can be grilled (p. 27).

HERRINGS

HERRING PASTIES

It is for the Herring Fishery that Yarmouth is particularly famous. The dried Herrings, which we call Red, are made here, to the Number sometimes of forty Millions a year. I was at Norwich when the yearly Present, a Tribute of a Hundred of these Fish, baked in Pasties, came from Yarmouth to the Sheriffs of that City, who ought to deliver them to the Lord of the Manor of East Charlton, and he to the King, wheresoever his Majesty may be. The Officers of the Royal Pantry would do well to satisfy themselves and the Public, that his Majesty's Palate is not defrauded of this Delicacy, nor his Revenue of so valuable an Article in the Expence of Housekeeping.

(Written about 1750.)

HERRING PIES

Take herrings and crush them in your hands, so shall you loose the flesh from the skin, save the skin, as whole as ye can, and scrape of all the fish, that may be left thereupon, then take

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a pound of almondes, or as many as ye bee disposed to take, blanch them and stamp them, and in the stamping of them put in one soft roe, one harde rowe, and five or six Dates, and a spoonful or two of grated Bread, and a pint of Muscadell to grinde them with all, but ye may not grinde them to fine, ye may not make them moist with your Muscadell, but somewhat stiffe, that ye may fill the skinner of your Herrings. Then take Rose Water, and a little Saffron to colour Almondes withall, when ye have ground them. Then put in your Dates and cut them fine, and a handful of Currans and a little sugar, then make a fine Paste and roll it as thinne as ye can, and strewe thereon a good deale of sugar, then put your Herrings theirin and bake them.

17th-century recipe.

HERRINGS BROILED

Scale, gut, and cut off their heads ; wash them clean, and dry them in a cloth ; flour them, and broil them. Take the heads and mash them, and boil them in small-beer or ale, with a little whole pepper and onion. When it has boiled a quarter of an hour, strain it off, thicken it with butter and flour, and a good deal of mustard.

To Prepare

Before cooking herrings, cut off their heads and trim the fins and tails. Scrape the scales off gently, taking care not to injure the delicate skin underneath.

Baked

Take out the soft roes and, removing their skin, pound them with a little butter. Put the mixture

A PRETTY KETTLE OF FISH

through a sieve. Then add breadcrumbs, chopped parsley, chives and seasoning.

Split the herrings and very carefully remove the backbones. Spread them with the soft roe mixture. Lay them in a lightly buttered fireproof dish, sprinkle them lightly with breadcrumbs, finely chopped parsley and melted butter. Cover with greased paper. Bake for 15 minutes. Brown quickly under the grill before serving.

Fried

1. Make two or three shallow incisions on each side of the well-dried fish. Dip them in flour and fry them on both sides in a large frying-pan in hot fat or dripping.

Cook the roes separately in butter, season them and serve them with the fish. Or: reserve them to use as a savoury (p. 208).

2. Fillet the herrings. Dip them in milk, season and roll them in coarse oatmeal. Heat fat or dripping in a wide frying-pan and when it is very hot put in the fish and fry them on both sides till they are so crisp they could be eaten with the fingers. Drain well and serve very hot.

Grilled

Prepare the fish as directed above. Make three shallow diagonal incisions across the back of each.

Brush the herrings over with melted butter or salad oil and lay them on a hot greased grill. Cook gently for about 6 minutes, turning them once.

Serve with *maitre d'hôtel* butter, or with either of the following sauces :—

SEA FISH

1. Heat clarified butter in a small saucepan and, whisking it well, add mustard to your taste. Finish with a little lemon-juice or white wine-vinegar and a pinch of salt.

2. Remove the skin from a number of soft roes. Cook them very gently in a little butter. Take them out and rub them through a sieve while hot. Add this purée to a white sauce. Stir well together over very gentle heat. Add mustard to your taste, a little salt, and a teaspoonful of lemon-juice or white wine-vinegar. Just before serving whisk in a few small pieces of butter.

Herring de Luxe

Brown 2 oz. of small mushrooms with the same quantity of chopped onion and a clove of garlic in butter. Then add half a pint of cider, a sprig of thyme, 2 of parsley and 2 bay leaves. Season with salt and add a little more butter. Simmer for 20 minutes, then squeeze out and remove the herbs.

Cut off the heads and tails of about a pound of herrings, set aside the roes and cut the fish in half lengthwise. Cook them in the cider stock for 10 minutes. Then take the fish out and, draining them, set them on a dish standing over boiling water.

Reduce the cider stock to half its original quantity.

Mix half a teaspoonful of flour with 1 oz. of butter and the skinned roes. Pound all well together. Add this to the stock and let it come to the boil, stirring all the time. Take off the fire, add a little more butter, and pour over the herrings. Serve very hot.

D. A. Ruffman.

A PRETTY KETTLE OF FISH

Poached

Poach (p. 29) fillets of herring in *court-bouillon* for 5 minutes. Let them cool in the liquid. When you are ready to serve them, take them out and serve cold with vinaigrette sauce (p. 194) or mayonnaise (p. 192).

Au Gratin Supex

Poach fresh herrings in the usual way (p. 29), with a bouquet (p. 31), carrots, onions, sufficient water and cider in equal quantities, to three-quarters cover the fish. When they are cooked, take them out and remove the skin and bones.

Make a white sauce and flavour it with a few mushrooms and a little cider. Add grated cheese—Parmesan and gruyère.

Steam a cauliflower for about 20 minutes and when it is tender break it into rather large pieces and add it to the sauce. Then add the fish. Pour into a fireproof dish, sprinkle with the mixed cheeses, a few breadcrumbs and small pieces of butter. Bake in a hot oven for quarter of an hour—or until well browned but not too dry.

D. A. Ruffman.

Soused (marinated)

See Mackerel (p. 80).

Soft Roe Omelet

Cook the roes in a little butter. Season them well. Make an omelet and just before serving it, lay 1 to 3 roes on one side of it and fold it over.

SEA FISH

BLOATERS

Grilled

Scald the bloaters by pouring boiling water over them. Split them. Remove the roes and gently pull out the backbones.

Grease and heat the grill. Lay the fish, skin side uppermost, and grill for about 3 minutes under moderate heat. Turn the fish and grill for another 3 or 4 minutes.

Serve with *maître d'hôtel* butter (p. 196).

KIPPERS

Grilled

Grill kippers according to the directions given above for bloaters. If they are very salt, let them soak in cold water for half an hour before scalding them.

RED HERRINGS

These should be grilled in the same way as kippers and bloaters.

JOHN DORY

This fish is at its best from the beginning of January to the end of March.

Baked and Stuffed

Clean and dry the fish and make a small incision in the belly of it, through which the stuffing may be put.

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Cook a dozen mussels in a very little white wine (p. 159). Strain the liquid from them through muslin into another saucepan. Have ready a hard-boiled egg and a few mushrooms which have been cooked in butter. Chop both of these and a few herbs (chives and tarragon) and add them to a thick purée of spinach (p. 222). Then chop the mussels and add them. With this mixture stuff the fish. The mussels can be omitted.

Heat some butter and the liquid from the mussels in a fireproof dish and lay the fish in. Bake in the oven for about 35 minutes, basting with the liquid and if necessary a little more butter.

Grilled à la Toulonaise

Prepare a marinade of oil with herbs and seasoning (p. 36) and place a small fish in it. Leave it for an hour, turning it once.

Remove the fish and drain it. Make several incisions in the back and put a sprig of fennel inside it.

Lay some fennel on a heated grill and put the fish on it. Grill gently, basting with a little more oil as it cooks. Turn the fish at the end of 7 minutes or so.

Serve with remoulade sauce (p. 194).

À la Provençale

Clean and thoroughly dry a small fish. Cut off the head, fins, etc., then sprinkle it with salt and pepper and dredge it lightly with flour.

Heat clarified butter in a frying-pan and when it is very hot lay the fish in it. Cook it on both sides,

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allowing about ten minutes to each. Take it out and set it where it will keep hot (p. 170).

To the butter in the pan add a tablespoonful of very finely chopped onion and a dessertspoonful of flour. Stir well together until you have a smooth, thick mass, then dilute it with 3 tablespoonsful of white wine and a little fish stock. Add seasoning, a chopped tomato, and a teaspoonful of finely chopped herbs. Cook the sauce for about 10 minutes, put it through a sieve and pour it over the fish.

Cooked with Tomatoes

Put 3 tomatoes in boiling water for a minute. Take them out and peel them. Cut them in half and press out the seeds. Chop a medium sized onion finely and cook it for 2 or 3 minutes in butter, without allowing it to colour. Add to it the chopped tomatoes, a coffee-spoonful of powdered sugar, and seasoning. Pour this into a fireproof dish, adding a little water or white wine.

On this mixture lay the filleted fish. Bake in the oven, turning the fish over once. When it is done, take it out and place it where it will keep hot (p. 170). Put tomatoes, liquid and onion through a sieve and add this purée to a good white sauce. Season well and serve with the fish.

John Dory is excellent used as a salad.

LEMON SOLE

This delicate fish is at its best from December to March. It is, of course, not a sole, and should,

A PRETTY KETTLE OF FISH

according to the Ministry of Fisheries, be called : lemon fish.

Lemon soles may be cooked in many of the same ways as the black sole. They are excellent filleted and fried or *à la meunière* (p. 28).

LING

Ling is at its best from August to May.

This fish, much used on fast days, resembles cod. Like cod it can be bought salted as well as fresh. Prepare and cook as directed for cod.

MACKEREL

CAVEACH OR PICKLED MACKEREL

Take six large mackerel and cut them into round pieces. Then take an ounce of beaten pepper, three large nutmegs, a little mace, and a handful of salt. Mix your salt and beaten spice together, then make two or three holes in each piece, and with your finger thrust the seasoning into the holes. Rub the pieces all over with the seasoning, fry them brown in oil, and let them stand till they be cold. Then put them into vinegar and cover them with oil. They are delicious eating, and if they be well covered, they will keep a long time.

"The London Art of Cookery," John Farley, 1787.

FRIED OR GRILLED MACKEREL

Having cleaned your mackerel, split them down the back, and season them with pepper and salt, some mint, parsley and

SEA FISH

fennel, chopped very fine. Flour them, and fry them of a fine light brown, and put them on a dish and strainer. Let your sauce be fennel and butter, and garnish them with parsley.

If you choose to broil your mackerel whole, wash them clean, cut off their heads, and pull out their roes at the neck end. Boil their roes in a little water ; then bruise them with a spoon, beat up the yolk of an egg, a little nutmeg, a little lemon-peel cut fine, a little salt and pepper, and a few crumbs of bread. Mix these well together, and fill the fish with them. Flour them well, and broil them nicely. Butter, ketchup and walnut pickle, will make a proper sauce.

Ibid.

Mackerel is at its best during the winter and spring months. When bought in May and June fish which contain soft roes should be chosen. A delicate sauce can be made with them (see under Herrings, p. 73).

Mackerel must be absolutely fresh. This can be determined by the clearness of its eye, the firmness of its flesh and the brilliance of its colour.

Baked Mackerel

Have the mackerel filleted. Put it into a dish with a tablespoonful of melted butter, a little chopped chive, pepper and salt. Bake in a hot oven, basting from time to time, for about 20 minutes. Serve with anchovy butter (p. 195).

Baked Mackerel en Papillote

Choose small mackerel. Into each put a spoonful of butter which has been worked together with

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chopped shallot, or chives, and parsley; salt, coarsely ground pepper and a little lemon-juice.

Roll each fish in a well greased or oiled paper, tying it firmly at both ends. Brush the paper over with oil (p. 36).

Bake in a slow oven for at least half an hour. Remove the paper covering over a large dish or a bowl so that all the butter and herbs will be saved to serve with the mackerel.

Baked Soused Mackerel

Put tarragon or wine-vinegar in a deep fireproof dish in sufficient quantity to cover the fish.

Remove heads, gills and tails and split the mackerel, or buy them filleted. Lay them in the vinegar with several pepper-corns, a small bouquet of herbs (p. 31), a ring or two of onion and a clove.

Let the vinegar come gently to simmering point, then let it cook in a very slow oven for at least an hour, well covered with greased paper. The cooking of soured mackerel should never be hurried.

Place the fish when cooked in the dish in which it is to be served. If the liquor is not sufficiently reduced, let it boil up in a small saucepan until it is of the right consistency. Pour it over the fish after it has been strained.

A dessertspoonful of tomato purée (p. 224) may be poured on to each fillet.

Boiled Mackerel

Take split mackerel which have had their heads and tails cut off.

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Put a little good salad oil in a deep dish, adding slices of onion, white pepper-corns and salt. Let the mackerel lie in this for at least half an hour, turning them over several times. Then remove the fish, put them in a simmering *court-bouillon* (No. 2, p. 21), and let them cook very gently for about 10 minutes. Drain them well and carefully remove the skin.

Use a little of the *court-bouillon* to make a white sauce (p. 185), adding capers and a little lemon-juice to it.

Boiled Mackerel with Green Gooseberry Sauce

Make several incisions in the back of the fish, and cook them very gently for 15 minutes in simmering water. Remove and drain them.

The Sauce.—Take about half a pound of gooseberries and cook them in plenty of boiling water, but not long enough to let them burst. Pour off the water and pass the fruit through a sieve. Sweeten very slightly.

Or: Make a purée of gooseberries and add it to a white sauce (p. 185) together with a little chopped fennel. (Before the fennel is chopped it should be plunged for 2 minutes into boiling water and then be well dried).

Fried Mackerel with Sorrel Sauce

Split the mackerel, wipe them with a damp cloth and dry them. Cook them for about 10 minutes each side, in plenty of very hot clarified butter (p. 32), turning them once. Sprinkle with salt and coarsely ground pepper.

The Sauce.—Prepare about half a pound of sorrel

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by washing it very carefully. Cook it in a little fish stock, stirring continually until it is reduced to a purée and almost dry. Then season it, add more fresh butter and the well beaten yolk of an egg. Stir well together, but do not let the sauce boil.

Fried Fillets of Mackerel with Tomato Purée

Dip the fillets in milk and then in flour (p. 25). Shake off any superfluous flour and cook them gently until well coloured on both sides in hot clarified butter (p. 32). Drain them on kitchen paper and serve them with a tomato purée (p. 224).

Or : The fillets may be served with black butter (p. 190).

Grilled Mackerel

When the mackerel have been carefully wiped over make a sharp incision down the back of each. Brush the fish over with olive oil and set them on a very hot grill (p. 27). Grill for about 5 minutes on each side.

When the fish are ready put a good spoonful of *maître d'hôtel* butter (p. 196), to which a little lemon-juice has been added, into each. Serve very hot.

Split mackerel can be cooked the same way, the parsley butter being laid on top of each just before serving.

Grilled Mackerel with Tomatoes

Take filleted mackerel and grill them after having brushed them over with oil and sprinkled them with pepper and salt (p. 27).

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Have ready tomatoes which have been skinned, the seeds pressed out, cut in half, and cooked in butter. Sprinkle these with very finely chopped shallot, or chives, and parsley and set them round the grilled fillets.

Grilled Mackerel (to eat cold)

Make one long incision down the back of each fish, and several transverse slits also. Into these put freshly ground pepper and a little salt. Grill as directed (p. 27). Serve cold with mayonnaise or vinaigrette sauce and slices of lemon.

GREY MULLET

This estuary fish is at its best from July to February.

Boiled

Make a *court-bouillon* with vegetables, water and white wine-vinegar (p. 21). Let it simmer for half an hour, then, having allowed it to cool a little, lay in the fish. Simmer gently.

Serve with caper (p. 186) or shallot sauce (p. 191).

Boiled mullet is good when cold and should be served with a vinaigrette sauce (p. 194), or mayonnaise (p. 192).

Fried

Small grey mullet—weighing not more than half a pound—can be fried (pp. 23-5).

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Grilled

Marinate the fish for an hour in oil with plenty of seasoning, a bouquet of herbs (p. 31) and slices of lemon (p. 173). Grill as directed on page 27.

RED MULLET

Red Mullet are at their best in summer.

Do not scale the fish. Score the skin on both sides. Opinion differs as to whether red mullet should be cleaned or not. The gourmet prefers that it should, like the woodcock, whose opposite number it is considered to be, be left just as it is fished.

Baked

Prepare a sauce in the following way :

Into a saucepan put 2 tablespoonsful of olive oil or clarified melted butter. When this is hot add a tablespoonful of finely chopped shallot. Let it colour a little. Add 4 tablespoonsful of chopped mushrooms and simmer the mixture until it is almost dry. Add a tablespoonful of tomato purée (p. 224) or sauce (p. 223) and a gill of concentrated meat stock. Thicken with a little *roux* (p. 184). Season well and allow the sauce to cook gently until you are ready to use it.

Lay the fish in a large fireproof dish. Round the mullets put slices of mushroom and a few mussels which have been cooked (p. 158) and taken out of their shells. Pour the sauce over them, sprinkle them with breadcrumbs and a few drops of melted

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butter and bake in the oven for about 12 to 15 minutes.

Boiled

Red mullet may be boiled in red wine, with a bouquet (p. 31): or in half wine, half water.

Grilled

If the red mullet is to look its best, it should be brushed over with oil or butter, enclosed in greased paper and grilled as directed on page 27.

Serve with *maître d'hôtel* butter (p. 196).

Nicoise

Cook the fish in hot oil in a frying-pan, turning them very gently once. Take them out and lay them in a fireproof dish, sprinkle them with salt and small pieces of butter.

Have ready a number of tomatoes which have been skinned, sliced, lightly cooked in butter and seasoned. Lay these with a few very thin slices of lemon and thin strips of anchovy on the fish and place them in a quick oven for 10 minutes. Baste twice.

In a Marinade (cold)

Red mullet can be cooked in the same way as soured mackerel (p. 80): or in the French way as follows:

Chop a shallot and a carrot and brown them lightly in good salad oil. Add half a pint of white wine-vinegar, and a gill of water, a little parsley, a sprig of thyme, a bay leaf, a pinch of cayenne, a teaspoonful of white pepper-corns, a clove, and a

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little nutmeg. Let the mixture come to the boil, simmer gently for half an hour.

Put the red mullet in a fireproof dish and covering them with the marinade let them simmer for about 10 minutes in the oven. These will keep for some days if they remain in the strained marinade.

PLAICE

TO BROIL PLAICE

Split them, put Parsley and green Onions cut in a Stew-pan, with Pepper, Salt, and a Lump of Butter ; put in your Plaice or Flounders, and turn them two or three Times, to make them get a taste, without putting them over the Fire ; then strew them with Crumbs of Bread, and put them a broiling ; when done, you may serve them up with any sauce you please.

“ A New and Easy Method of Cookery,”

Elizabeth Cleland, 1759.

This fish is in season all the year round.

Fried

This is the best way of treating a soft and rather characterless fish. Choose a large and very fresh plaice. Fillet it, egg-and-breadcrumb (p. 25) it and fry it. Serve with *maitre d'hôtel* butter (p. 196) and quarters of lemon, or with tartare sauce (p. 194).

Au Gratin

Butter a fireproof dish. Lay the fillets in it and round and over them put finely chopped chives,

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tarragon, sliced mushrooms and seasoning. Cover with fine breadcrumbs and sprinkle with very tiny pieces of butter. Bake in a quick oven for not more than 15 minutes (p. 26).

POLLOCK

This fish is too soft to give pleasure to a gourmet, but the schoolboy who catches it will like to eat it. It is best cooked *à la meunière*, and it is good in kedgeriee (p. 177).

Very small pollock can be fried and, in Brittany, at any rate, they are excellent.

SALMON

HOW TO BAKE A JOLL OF FRESH SALMON

Take Ginger and Salt, and season it, and certaine Currans, and cast them about and under it, and let the paste be fine, and take a little Butter and lay about it in the paste, and set it in the oven two houres, and serve it.

"The Good Huswife's Jewell," Thomas Dawson, 1696.

HOW TO SEETHE FRESH SALMON

Take a little water, and as much Beere and Salte, and put thereto Parsley, Time, and Rosemarie, and let these boyle togethere. Then put in your Salmon, and make your broth sharpe with some Vinegar.

17th-century recipe.

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In England the open season for salmon is from February 2nd to August 31st; in Scotland, from February 11th to August 26th; in Ireland from January 1st to September 30th. (There are certain local variations in these periods.)

Salmon is at its best from Spring to September, and at its cheapest in April and July.

Boiled Salmon

I believe that salted water is better than any *court-bouillon* for this rich well-flavoured fish.

Here is Meg Dods' way (*The Cook and Housewife's Manual*, 1838), and I think it could not be bettered.

Scale and clean the fish without unnecessary washing or handling, and without cutting it open too much. Have a roomy and well-scoured fish-kettle, and if the salmon be very large and thick, when you have placed it on the strainer and in the kettle, fill up and amply cover it with cold spring water, that it may heat gradually. Throw in a handful of salt. If only a jole or quarter is boiled, it may be put in with warm water. In both cases take off the scum carefully, and let the fish boil slowly, allowing ten minutes to the pound: if the piece is not heavier than five or six pounds, then the time must be less: but it is even more difficult to fix the time fish should boil than the length of time that meat requires. . . . The minute the boiling of any fish is completed, the fish-strainer must be lifted and rested across the pan, to drain the fish. Dish it on a hot plate with a napkin under.

Never serve white sauce with salmon. It is too heavy and uninteresting. Serve with a hollandaise, green, or béchamel sauce, or with mayonnaise. In

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Scandinavia horseradish sauce is esteemed with salmon.

To Boil Salmon Crimp

The fish must be cleaned and scaled without cutting up the breast. Cut off the head, with about two inches of the neck ; and the tail fin with the same quantity of the fish with it.

Cut as many circular fillets of the rest of the salmon as you wish, of about three or four inches thick ; the openings of these slices, whence the entrails have been taken, must be well cleaned from the blood, etc.

Throw the whole into cold water made brackish with salt, then put them in a fish kettle of boiling water, with a handful of salt and some vinegar—*though vinegar hurts the colour*. Let them boil 5 minutes ; lift the strainer on which are the slices ; take off whatever scum arises, for it is easy to injure the colour of fresh salmon. Boil from 15 to 25 minutes, according to the thickness. Place the head and tail on end, in the middle of the fish plate, and lay the slices neatly round them.

This way of cooking salmon, Meg Dods says (*The Cook and Housewife's Manual*, 1838), is used “near fisheries where the fish is obtained quick ; and also at the most fashionable English tables. It is boiled salmon in its utmost perfection.”

Grilled Salmon

Cut the salmon into slices about an inch thick and marinade them for at least 10 minutes in good olive oil, turning them once. Then season them, and

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lay them on a hot oiled grill. Cook gently. Turn each side twice to the flame. Grill in all about 14 minutes. Baste with a little melted butter. These slices should be beautifully coloured when finished. Drain them on kitchen paper placed inside the oven and serve with hollandaise, béarnaise (p. 189) or horseradish sauce, garnished with parsley.

Salmon Baked in the Oven

1. Put slices of salmon, about an inch thick, into boiling water for a few minutes. Take them out and remove the skin. Drain them well. Melt a little butter, add a teaspoonful of lemon-juice to it, and seasoning. Brush the steaks with this.

Make greased paper coverings for each steak. Wrap them up and place them on a fireproof dish. Bake for about 20 minutes in a moderate oven and serve with bearnaise (p. 189) or remoulade sauce (p. 194).

2. Butter a fireproof dish generously, and sprinkle it with pepper and salt. Lay in the slices of salmon. On them put small pieces of butter. Cover with greased paper and bake for about 20 minutes. Just before serving, pour a few tablespoonsful of cream to which you have added a very little lemon juice over the fish.

À la Meunière

See page 28. The slices, about half an inch thick, should be cut from small salmon.

Cold Medallions of Salmon

Cut boned salmon into thin slices. Poach them

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(p. 29). When they are cold, press them down with a weight. Decorate with aspic jelly and green mayonnaise.

See also *Fish Salads* (pp. 225-6). *Ways of Using Cooked Fish* (pp. 175-182).

Deville Salmon-Bones

A salmon bone with some rough pickings left makes an admirable devil. The bone cut out should be left rough for this purpose. Seasoned with pepper and salt, broiled and buttered, it is quite an epicure's breakfast morsel.

Meg Dods.

SALMON TROUT

The open season for salmon trout is from March 1st to August 31st. The fish is at its best about May.

A large salmon trout can be cooked according to the directions given for salmon. It is excellent served cold, either with or without a covering of jelly (p. 34).

Small salmon trout should be treated like river-trout (pp. 136-8).

SKATE

Having cut the meat clean from the bone, fins, etc., make it very clean. Then cut it into thin pieces, about an inch broad, and two inches long, and lay them in your stew-pan. To one pound of the flesh put a quarter of a pint of water, a little beaten mace, and grated nutmeg; a small bundle of sweet herbs and a little salt. Cover it and let it boil fifteen minutes.

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Take out the sweet herbs, put in a quarter of a pint of good cream, a piece of butter, the size of a walnut, rolled in flour, and a glass of white wine. Keep shaking the pan all the time one way, till it be thick and smooth; then dish it up, and garnish with lemon.

"The London Art of Cookery," John Farley, 1787.

This fish used to be esteemed, when eaten cold with mustard and vinegar, quite a grand regale by those sober citizens of Edinburgh who repaired on holidays to the fishing hamlets round the city. It is thought to eat like lobster—by persons of lively imagination.

From Meg Dods' "Cook and Housewife's Manual," 1838.

Skate needs to mortify to be tender, and the transport from sea to Paris adds to its quality. As a matter of fact it is the only fish that can be kept for two or three days, even in thundery weather.

Alexandre Dumas.

Skate is at its best in autumn and winter.

It is true that skate should not be eaten quite fresh. Like game it has its particular moment which a good fishmonger ought to recognize. If it is in good condition it should be covered with a viscous coating. If this is dried up the fish should not be bought. The prickly-back skate is the best.

The best part only, that is the wings, should be used in cooking. The liver should be removed and cooked separately. After cooking it the skin must be taken off.

SEA FISH

Wash the fish and scrub it, then put it into cold water to which a good cupful of wine-vinegar, salt, and sliced onion have been added. When the water comes to the boil set the pan where the contents will barely simmer and leave it for about 20 minutes or so.

Skate is best served with black butter (p. 190). Capers may be used instead of parsley.

Skate with Cheese

Take the skin off a fine skate: cut the fish in four equal parts and wash them. Cook them in half a pint of milk that has been mixed with a very little flour, butter the size of half an egg, a clove of garlic, a clove, two shallots, half a bay leaf, thyme, pepper and a little salt. (This mixture should be boiling before the fish is put in it.)

Simmer for a few minutes and the fish will be done. Take it out and drain it. Put the contents of the pan through a sieve, thicken and re-heat.

Pour half of this sauce into a fireproof dish. Sprinkle grated gruyère over it. Then lay in the pieces of fish. Between them put a dozen little onions which have been cooked in stock and well drained, and also little rounds of fried bread. Cover with the rest of the sauce and finish with a thin layer of grated gruyère.

Put the dish on the fire and cook it very slowly until the sauce is greatly reduced in quantity. Brown the top by passing a red-hot shovel or salamander over it. Serve at once.

"New French Cooking," Paul Reboux.

A PRETTY KETTLE OF FISH

Fried

The skate used for frying should be parboiled and, freed from skin and bone, cut into small pieces and laid in a marinade of oil, lemon-juice, herbs and onion (see p. 36). At the end of 3 hours it will be ready to use. Drain it thoroughly, dip each piece in batter (p. 30), and fry in very hot fat.

Skate's Liver

The liver should be cooked in gently-boiling water for 2 or 3 minutes only. It can be served as a garnish to the fish, or cold with a vinaigrette sauce.

Canapés of Skate's Liver. See p. 208.

SMELTS

HOW TO STEW SMELTS

Put your smelts into a deep dish with white wine and water, a little Rosemary and Tyme, a piece of fresh Butter, and some large Mace, and salt, let them stew half an hour, then take a handful of parsley and boil it, then beat it with the back of a knife, then take the yolks of 3 or 4 Eggs, and beat them with some of your fish broth, then dish up your fish upon sippets, pour on your sauce, scrape on sugar, and serve it.

"A True Gentlewoman's Delight,"

Elizabeth Grey, 1682.

PICKLED SMELTS

When smelts be in great plenty, take a quarter of a peck of them, and wash, clean and gut them. Take half an ounce

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of pepper, the same quantity of nutmegs, a quarter of an ounce of mace, half an ounce of saltpetre, and a quarter of a pound of common salt. Beat all very fine, and then lay your smelts in rows in a jar. Between every layer of smelts, strew the seasoning, with four or five bay-leaves. Then boil red wine, and pour over them in sufficient quantity to cover them. Cover them with a plate, and when cold, stop them down close. Many people prefer them to anchovies.

SMELTS IN SAVORY JELLY

Having gutted and washed your smelts, season them with mace and salt, and lay them in a pot with butter over them. Tie them down with paper, and bake them half an hour. Take them out, and when they be a little cool, lay them separately on a board to drain. When they be quite cold, lay them in a deep plate in what form you please, pour cold jelly over them, and they will look like live fish.

“The London Art of Cookery,” John Farley, 1787.

Smelts are in season from August to April.

Do not wash smelts unless it is absolutely necessary. Wipe them with a dry cloth and handle them carefully for they are very fragile. Cut off the fins and tails. Leave the roes inside.

Fried

Dip the fish in milk and then in seasoned flour. Shake them to get rid of any excess of flour. Or : egg-and-breadcrumb them (p. 25).

Fry them in very hot fat till they have coloured,

A PRETTY KETTLE OF FISH

drain them, pile them up on a folded, heated napkin laid over a very hot dish and decorate them with fried parsley (p. 220) and slices of lemon. Serve with tartare sauce (p. 194).

Smelts can also be fried *en brochette*; run a *silver* skewer through the heads of from four to six fish—all facing the same way—fry in deep, very hot fat (p. 22).

Grilled

Brush the fish with oil or melted butter. Season them and lay them on a hot well-greased grill under moderate heat.

A stuffing of mushrooms (p. 171) can be spread on split smelts. Sprinkle them with fine bread-crumbs and tiny pieces of butter and grill gently.

À la Meunière

After having cleaned and dried the smelts let them lie in milk for a few minutes. Take them out, drain them and dip them in flour. Then proceed as directed on page 28.

SOLES

SOLES ROASTED AND LARDED

Take large Soles, and scale them on both sides, not flay them, draw the gut out at the gill, and force the Belly with Oysters seasoned; hack them across and lard one side with Bacon, the other side with Eel; season the Lard; wash them over with the yolks of Eggs and thick Butter, broach them.

18th-century recipe.

SEA FISH

TO FRY SOALS

Flea them and drudge them with Flour, and get a Pan almost full of clarified Butter, or good Dripping of Beef, when it is boiling hot, put in the Soals and fry them a good Brown on both Sides; drain them very well from the Fat, put crisped Parsley and slices of Orange over them.

*“A New and Easy Method of Cookery,”
Elizabeth Cleland, 1759.*

Soles are in season all the year.

There is only one real sole—the black or Dover Sole. A Torbay sole is, as a rule, a witch, an inferior though not unpleasing fish.

To Prepare Soles

Soles must be cleaned, the black skin removed, and, as a rule, the heads and tails cut off. The white skin, unless otherwise directed, should be scraped and left on, for it serves to hold the fish together. Trim the fins.

Fried

Have the black skin removed and break the backbone in one place to prevent the fish curling up.

Soles, dipped in milk and then in flour (p. 25) or egg-and-breadcrumbed (p. 25), can be fried in a frying-pan. These should be served with slices of lemon and *maître d'hôtel* butter, or with tartare sauce.

Fried Fillets

Fillets of sole should be cut diagonally into strips about two and a half inches long. Dip them in

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drain them, pile them up on a folded, heated napkin laid over a very hot dish and decorate them with fried parsley (p. 220) and slices of lemon. Serve with tartare sauce (p. 194).

Smelts can also be fried *en brochette*; run a *silver* skewer through the heads of from four to six fish—all facing the same way—fry in deep, very hot fat (p. 22).

Grilled

Brush the fish with oil or melted butter. Season them and lay them on a hot well-greased grill under moderate heat.

A stuffing of mushrooms (p. 171) can be spread on split smelts. Sprinkle them with fine bread-crumbs and tiny pieces of butter and grill gently.

À la Meunière

After having cleaned and dried the smelts let them lie in milk for a few minutes. Take them out, drain them and dip them in flour. Then proceed as directed on page 28.

SOLES

SOLES ROASTED AND LARDED

Take large Soles, and scale them on both sides, not flay them, draw the gut out at the gill, and force the Belly with Oysters seasoned; hack them across and lard one side with Bacon, the other side with Eel; season the Lard; wash them over with the yolks of Eggs and thick Butter, broach them.

18th-century recipe.

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TO FRY SOALS

Flea them and drudge them with Flour, and get a Pan almost full of clarified Butter, or good Dripping of Beef, when it is boiling hot, put in the Soals and fry them a good Brown on both Sides; drain them very well from the Fat, put crisped Parsley and slices of Orange over them.

"A New and Easy Method of Cookery,"

Elizabeth Cleland, 1759.

Soles are in season all the year.

There is only one real sole—the black or Dover Sole. A Torbay sole is, as a rule, a witch, an inferior though not unpleasing fish.

To Prepare Soles

Soles must be cleaned, the black skin removed, and, as a rule, the heads and tails cut off. The white skin, unless otherwise directed, should be scraped and left on, for it serves to hold the fish together. Trim the fins.

Fried

Have the black skin removed and break the backbone in one place to prevent the fish curling up.

Soles, dipped in milk and then in flour (p. 25) or egg-and-breadcrumbed (p. 25), can be fried in a frying-pan. These should be served with slices of lemon and *maitre d'hôtel* butter, or with tartare sauce.

Fried Fillets

Fillets of sole should be cut diagonally into strips about two and a half inches long. Dip them in

A PRETTY KETTLE OF FISH

milk and drain them. Dip in flour. Egg-and-breadcrumb (p. 25) and fry them in very hot fat (p. 24).

Serve with slices of lemon, tartare sauce or *maitre d'hôtel* butter.

Sole Colbert

The sole to be fried should not weigh more than about 12 oz. Cut off the head and remove the black skin.

Lay the fish on a board, white skin side underneath. With a very sharp knife make an incision all down the middle of it over the backbone. Then lift up the flesh on each side of the incision, releasing about half an inch of it from the bone. Break the bone about an inch from the top and tail-end of the fish.

Dip the sole in milk, then in a very little flour. Shake it well. Then dip it in egg and breadcrumbs (p. 25).

Have your fat very hot. The sole will take about 10 minutes to fry and will float when it is done. Lay it on a cloth just inside the oven so that any excess of fat will drain off. Then, putting it on a very hot dish, quickly extract the whole of the backbone, and put *maitre d'hôtel* butter (p. 196) in the opening. Serve at once.

Grilled Soles

See directions for grilling fish (p. 27).

Small soles are good cooked this way. The time taken will vary from 10 to 18 minutes.

Break the backbone in one place before putting

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the fish on to a hot, oiled grid. Grill under very gentle heat.

The soles may be dipped in egg and breadcrumbs (p. 25, 27) and grilled.

Serve with melted clarified butter and a little lemon juice, or with tartare sauce (p. 194).

À la Meunière

Small soles are excellent cooked in this way (p. 28).

Steamed. See p. 29.

VARIOUS OTHER WAYS OF COOKING SOLES

Bonne Femme. See *Turbot*, p. 111.

Soles au Chablis

For 4 persons take 4 soles weighing about 7 oz. each; wash and trim them, and break the backbone of each in the middle so that they will lie flat. Butter a large fireproof dish, and put into it 4 thin rounds of onion. On these lay the soles, placing them so that they will not touch each other. Add half a glass of Chablis or dry white Burgundy, the liquid from a handful of mussels (which have been opened in a little hot white wine), and enough water just to cover the fish. Cover with greased paper and cook for about 15 minutes in the oven.

The Sauce.—Strain off the liquid from the soles and placing them where they will keep hot, reduce it to half its original volume. Thicken with a little

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flour and butter. Take the sauce off the fire after it has cooked for 8 minutes and add the yolks of 2 eggs diluted with a few drops of water. Beat well till thoroughly mixed. Put the sauce back on to a strong flame and let it come just to the boil, stirring all the time. Add the juice of half a lemon, and 3 oz. of butter, a little at a time. Stir vigorously, without letting the mixture come to the boil, until it has thickened.

Put the soles in a fireproof dish, cover them with sauce. Set the dish in another containing hot water and brown in a very hot oven. Serve at once.

*Ch. Bergerand,
Hôtel de l'Etoile,
Chablis.*

À la Duglère (p. 50).

Fillets of Sole à la Danoise

This most excellent dish is obviously extravagant; but it will please, and its richness can be modified.

Cut the fillets from 2 lb. of sole, spread half of them with a good fish stuffing to which you may, if you have it, add chopped truffle. On the others spread a fish stuffing made with lobster butter. Roll them round, tie them up securely, and steam them. When the fish is cold, cut the fillets into slices—3 or 4 to each fillet.

Butter a mould and into it put a layer of the sliced fish, placing the pieces close together. Over them put a layer of sauce made with fish stock, then another of slices of fish, sprinkling chopped cooked

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lobster between each. Finish with a layer of sauce. Put in a quick oven to heat and brown.

The sauce, by the addition of eggs, may be made into a soufflé mixture (p. 37).

Madame Lennard Grut.

Fillets of Sole à la Florentine

Cook spinach as directed (p. 221), chopping it finely. Add a tablespoonful of cream, seasoning and a coffee-spoonful of sugar to it.

Line a fireproof dish with the spinach. Place the fillets of sole on it, cover with a white or Mornay sauce and brown in the oven.

Mock Whitebait

This illusion was invented by a famous *chef* who regretted the absence of whitebait in France. Cut up several fillets of sole into very fine short strips—about the size of the fish they are to imitate.

Sprinkle them generously with lemon-juice and set them aside for an hour. Drain and dry them. Dip them in milk and roll them in flour.

Have ready a pan of very hot oil or fat. Heat the fish basket, put the little pieces of sole into it and lower it quickly into the fat. Keep them all separate, using a fork or skimmer. 2 or 3 minutes will be long enough to cook them (p. 22).

Serve with slices of brown bread and butter, quarters of lemon and fried parsley (p. 220).

Sole Normande

Take a fine thick black sole. Take the skin off both sides and then lay it on a fireproof dish and

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put small pieces of butter all down it. Add salt and pepper and a very tiny quantity of nutmeg. Cover the fish with white wine and be sure to baste it from time to time while it cooks.

Open some 30 mussels (p. 158) and shell a number of shrimps. When the sole has been in the oven about 30 minutes, take it out and put the liquid from the dish into a little saucepan, adding a few tablespoons of the mussel juice. Thicken this sauce with a little butter and flour, and just before serving add 2 or 3 tablespoons of cream.

Arrange mussels and shrimps around the sole, pour the sauce over it and serve it very hot.

Whilst making your sauce the fish must be kept hot in a *bain-marie*—that is to say over hot water, or it will dry up.

Oysters can be used instead of mussels and will give one a more delicate though more expensive dish.

From Pampille's "Les Bons Plats de France."

Sole à la Villette

Cut several fillets of sole into small pieces, dip them in milk, drain them well, season them and dip them in flour. Brown these in a wide pan in very hot butter.

Have ready the required quantity of parboiled new potatoes, diced and sauté in butter with blanched and diced artichoke bottoms. Season well. Serve round the fish.

Cold Fillets of Sole

Poach the fillets in water with a little milk or lemon-juice added (p. 29). Remove them with

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the utmost care, as they break easily. (They are best cooked on a muslin-covered grid and allowed to drain from it.)

Arrange the fillets on a wide dish and mask each when cold with a thick green mayonnaise (p. 193). Decorate with fine fillets of anchovy and yolks of hard-boiled eggs passed through a sieve.

With the fillets serve a salad of lettuce.

Fillets of Sole cooked in Cider

Put a teaspoonful of very finely chopped shallot in a fireproof dish with a wineglass of cider, adding pepper and salt. Then lay in the fillets of sole. Cover and cook in the oven for about 15 minutes. Pour off the liquid into a small saucepan. (Keep the fish hot over boiling water.) Thicken with *roux* (p. 184). Cook gently for 8 minutes, stirring all the time. After having carefully seasoned the sauce add a little more butter in small pieces, whip it in and serve with or over the fish. Cider is used often in Normandy instead of white wine and is more delicate than vinegar.

The fish may be finished in the oven after it is covered with the sauce. Sprinkle with very fine breadcrumbs and tiny pieces of butter and brown.

Fillets of Sole au Gratin (a Danish way)

Take 2 soles, weighing about a pound each. Have them filleted and skinned on both sides. If the fillets are rather large, divide them. Roll them up and tie them securely.

With their bones make a fish stock (p. 39), and in this cook the fillets.

A PRETTY KETTLE OF FISH

Wash a good pound of spinach thoroughly. If the leaves are large tear them into small pieces, but do not chop them. Cook it, drain it, and press out all moisture. Line the bottom of a fireproof dish with it, and over it pour a little seasoned melted butter.

Then, having untied the little rolled fillets, arrange them on the spinach.

Make a white sauce of milk, *roux* (p. 184), a little of the fish stock and grated cheese. Finish this sauce with a gill of thick cream. Cover the fish with it, sprinkle with grated cheese and bake for from 15 to 20 minutes in a quick oven.

Madame Lennard Grut.

Fillets of Sole à la Horly

Let small fillets of sole marinade (p. 36) for a couple of hours in a little oil, mixed with seasoning and the juice of a lemon. Drain them, dip them in batter (p. 30), and fry them in very hot fat.

Fillets of Sole in Scallop Shells

Poach the fillets in a little fish stock and white wine. At the bottom of each shell put a mixture of chopped scallops and mushrooms, both of which should have been cooked and mixed with a sauce made from the liquid in which the soles were poached. Pour a little of the sauce into the shells, put in the fillets, cover them with sauce, powder with grated cheese and brown under the grill.

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Paupiettes of Sole à la Sonia

Cook the fillets in a little white wine and the stock made of their bones (p. 39), adding a tablespoon of freshly-made tomato purée (p. 224), some finely chopped shallot and a few chopped mushroom stalks.

Remove the fillets when cooked and keep them hot. Strain the liquid in which they were cooked, and slightly thicken it with white *roux* (p. 184). Season rather highly.

Cover the fillets with the sauce and serve with dice of potato which have been tossed in butter and sprinkled with finely chopped parsley.

Steamed Fillets of Sole

Spread the fillets with a delicate stuffing (p. 171), then roll them round. Steam them (p. 29), and drain them well. Under each fillet lay a slice of tomato which has been lightly cooked in butter and seasoned. Cover with a mushroom sauce (p. 187).

Stuffed Fillets of Sole

Trim the fillets and spread them with a stuffing (p. 171). Roll them up and tie them securely. Butter a saucepan and lay them in it, without letting them touch each other. Add a little fish stock and, if possible, a little white wine. Cover with greased paper and cook in the oven for about 10 minutes.

Make a well-seasoned white sauce and add to it the liquid from the fish. (If the yolks of 1 or 2 eggs are added (p. 188) to this it will be more

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delicate.) Add a little lemon-juice and whip well together, and at the last moment finish with a little more butter. Pour the sauce over the paupiettes.

SPRATS

The sprats are good little fish—if they are absolutely fresh. They should be very carefully cleaned through the gills. Do not split them.

Fried

Wipe the sprats, dip them in flour and run a skewer through the heads of about half a dozen of them—all facing the same way. Fry them in very hot fat and serve with parsley, slices of lemon and brown bread and butter.

Grilled

Marinate the sprats for half an hour (p. 36) and grill them quickly for a few minutes.

DRIED SPRATS

The dried or smoked sprat should be brushed with melted butter and grilled ; or fried in butter for a few minutes only. Serve very hot with quarters of lemon and brown bread and butter.

STURGEON

STURGEON BOIL'D

This sort of Fish is the most esteemed of any fish in the Sea, and therefore you may either eat it boil'd or roste, if you

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will eat it boil'd you must boil it in Wine, Verjuice, Salt and Water, with Hyssop and Fennel, and when it is boil'd let it cool, and when it is cold, eat it with Vinegar and Parsly.

"The Good Huswife's Jewell," Thomas Dawson, 1596.

TO BOIL A PIECE OF STURGEON

Take a Rand of Sturgeon, put a Mutchkin of Vinegar, two Chopins of Water, some slices of Lemon-peel, Horse radish, Bay Leaves, whole Pepper, Ginger, Cloves and Salt. The Liquor must boil before you put the fish in.

"A New and Easy Method of Cookery,"

Elizabeth Cleland, 1759.

Sturgeon is in season from August to March.

To Boil

Boil the fish in a *court-bouillon* made with plenty of vegetables (p. 21), allowing nearly half an hour to the pound. Serve with tomato (p. 191) or béarnaise sauce (p. 189).

To Braise

Sturgeon may be braised in the same way as veal. It should be larded closely and cooked in meat stock. When it is ready, take part of the stock, strain it and, removing the grease, thicken and season it, and serve with the fish.

Carrots or green peas may accompany this "joint."

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CAVIAR (Sturgeon's Roe)

Experiments have been made in Russia to determine the medical value of caviar. It has proved to be most beneficial as a diet for tubercular patients and for children suffering from rickets. It might be less expensive to journey to Siberia (where I am told caviar is so good that once having tasted it there, you care for no other) than to buy it here at the ransom which is exacted.

See *Canapés* (p. 210), *Hors-d'œuvre* (p. 197).

Mock Caviar (a curiosity)

Bone a few anchovies and chop or pound them in a mortar with dried parsley, a clove of garlic, a little cayenne, salt, lemon-juice, and a very little salad-oil. Serve on toasted bread or toasted biscuits.

"The Cook and Housewife's Manual,"

Meg Dods.

TUNNY

This fish is not likely to become popular in England—except as a monstrous spectacle in a fishmonger's shop. It is too solid and, unless taken in small quantities, too indigestible. I do not think it suffers much from tinning.

Braised

A piece of fresh tunny weighing 2 or 3 lb. can be braised in the oven—in the same way you would

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braise veal. Meat stock can be used, and part of it will make the basis of a sauce to serve with the fish. But good digestion does not always wait upon such a tunny course.

Grilled

The best way to cook fresh tunny is to grill rather thick slices of it. Put them on a well-greased heated grill having brushed them over with oil. Cook very gently, basting with melted butter or oil. When the slices are cooked, sprinkle them with finely chopped parsley and pour clarified melted and seasoned butter over them. Add a little lemon-juice.

In Tomato Cases

Slice off the tops of several large tomatoes, and with a pointed spoon remove the pulp. (This can be used in a sauce or soup.) Sprinkle the inside of the skins with a little salt, pepper and lemon-juice.

Break up cold tunny very finely and mix with it chopped hard-boiled eggs, a few capers and slivers of anchovy.

Fill the cases with alternating layers of tartare sauce (p. 194) and tunny, beginning and ending with the sauce.

TURBOT

Turbot is in season almost all the year, but at its best when half-roed.

A PRETTY KETTLE OF FISH

TURBOT COOKED IN A COURT-BOUILLON

A large fish is required, and it must be thoroughly cleaned and washed in several waters, then drained. Cook it gently in white wine sufficient to cover it, adding vinegar, verjuice, a great deal of salt, onions, a clove, slices of both lemon and orange, bay-leaf, rosemary and thyme. Simmer it very gently using a cover which must not touch the fish and so crush it or leave any impression on the flesh. Very little less than a good hour will be needed for its cooking; it is madness to think of turning the fish over. Fish is a different thing from meat. When it is cooked, leave it in the court-bouillon to extract further flavour. It must be slid gently into a dish, or, better, it can be cooked with a dish below it in the pan. Serve it on a white napkin, cold, garnished with lemon and flowers, and a profusion of parsley, and two vinaigrettes at the sides.

“*L’Art de Bien Traiter,*” 1647.

To Boil

Few modern kitchens possess a pan large enough to take the great turbot which so often ennobled a Victorian table. If, however, the whole fish can be boiled, several incisions about three inches long should be made both on the upper and lower sides of it where the flesh is thickest. This will help to keep the flesh from bursting through the skin, a danger which it is well to remember.

Rub the turbot with lemon, and lay it, white skin uppermost, on a large square of muslin—so large that the corners of it will fall down over the

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edges of the fish-kettle. Then, putting it on a grid, lower it into a mixture of milk and salted water (p. 21). This should be hot, but not boiling when the fish is laid in. As it comes to the boil, skim carefully, then simmer until the fish is cooked in a liquid that barely moves, allowing the usual 10 minutes to the pound.

To take the fish from the pan, hold the four corners of the muslin, spread them out and lift the fish gently on it. Let it drain thoroughly, then slip it off on to a folded napkin laid on a hot dish.

Serve with hollandaise or lobster sauce, or with Normandy butter. Garnish with slices of lemon and parsley. New potatoes, or old ones cut into little balls, sprinkled with finely chopped parsley should accompany the turbot.

Boiled turbot is one of the best fish to warm up—in a soufflé, in scollop shells, creamed and browned, etc. (pp. 175-82).

Bonne Femme

In a saucepan put a level dessertspoonful of chopped shallot with a tablespoonful of melted butter. Cook gently for a few minutes, then add 3 oz. of sliced mushrooms. Simmer again for a minute or two, then add 1 wineglassful of white wine and 2 of water.

Butter a fireproof dish generously. Lay in it slices or fillets of turbot. Pour over them the contents of the saucepan, and sprinkle the fish with small pieces of butter.

Cover the dish with a piece of greased paper and set it in a moderate oven. Cook for about 30

A PRETTY KETTLE OF FISH

minutes, basting several times, being careful to put back the paper after doing so.

Carefully pour off all the liquid from the fish into a saucepan. Keep the turbot hot by standing it over a large pan containing boiling water.

Thicken the liquid with a little *roux* (p. 184) and, standing it in a *bain-marie* (p. 183), let it cook for at least 5 minutes. Season it, and just before you pour it back over the fish, whip in several small pieces of butter and a tablespoonful or two of cream.

Fried

Chicken turbot can be fried.

À la Meunière

The small chicken turbots may be cooked *à la meunière* (p. 28).

WHITEBAIT

Keep the fish on ice till you are ready to use them.

Wash and dry them thoroughly in a cloth. Dip them in flour and then toss them in a sieve so that all superfluous flour is shaken off. *Do this just before you are ready to fry.*

Have the fat very hot (p. 24) and put the fish into a heated basket. When they have coloured they will be done. If they are left longer they will burn. While they cook shake them very gently to keep them apart.

Do not fry too many at a time, and having fried the first lot, bring the fat back to "very hot" again.

SEA FISH

As soon as the whitebait are cooked, put them on kitchen paper, just inside the oven, to drain, sprinkling them with salt. Serve on a very hot dish.

Devilled

Fry the fish for a minute in very hot fat. Take them out and drain them. Sprinkle them with red pepper and put into very hot fat again to colour.

Serve all whitebait with thin slices of brown bread and butter and quarters of lemon.

Mock Whitebait (see p. 101)

WHITING

Whiting are at their best from the beginning of December to the end of February.

Fried

Small whiting, not necessarily in pursuit of their tails (*merlans au désespoir*), should be dipped in milk, floured and fried in hot fat (p. 24); or they can be egg-and-breadcrumbed (p. 25). Before coating them, make deep incisions in each and sprinkle the gash with pepper and salt and a few drops of lemon-juice.

Serve with *maître d'hôtel* butter or tartare sauce and fried parsley (p. 220).

Baked

Dip small whiting, or fillets of whiting, in seasoned flour and lay them in a well-buttered fire-

A PRETTY KETTLE OF FISH

proof dish. Sprinkle them with lemon-juice and little pieces of butter, pepper and salt. Cover with greased paper and bake in a moderate oven for about 15 minutes, basting several times.

Serve with *maître d'hôtel* butter (p. 196).

Colbert. See page 98. *Sole Colbert.*

À la Grand'Mère. See *Bream*, page 48.

Au Gratin. See page 26.

Grilled

Choose small whiting and have them split. Brush them over with lemon-juice, sprinkle them with seasoning and then with fine breadcrumbs. When you are ready to grill them, put small pieces of butter on each whiting. Grill (p. 27) under fairly strong heat and do not turn the fish. Baste several times with a little clarified melted butter.

Serve with Béchamel sauce to which finely chopped parsley has been added. This may be poured over the fish at the last moment.

À la Meunière

See p. 28. Choose small whiting and cut off their heads and tails.

À la Bercy

For this dish take whiting weighing about a pound each. Make deep incisions down their backs, and inside each gash put a spoonful of

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melted butter which has been seasoned highly and mixed with very finely chopped shallots.

For two whittings prepared in this way, cook 4 oz. of small button mushrooms (chop the mushrooms if they are big) in plenty of butter. Remove them and pour the butter into a fireproof dish large enough to hold the whittings easily. Sprinkle them with a heaped dessertspoonful of finely chopped shallot, and the same quantity of chopped parsley. Add the mushrooms. Pepper and salt the fish and lay them in the dish. Then pour over them a glass of white wine and one of water. (More wine and less water will give better results.)

Bring the liquid to boiling-point *over* the fire and then place the dish in an oven hot enough to keep the contents simmering gently. Large whittings will take half an hour, smaller ones 20 minutes. If by the end of this time wine and water have not been considerably reduced, strain off all the liquid into a small pan and let it reduce further by quick boiling. Pour it back over the fish and put them under a red-hot grill to glaze. Sprinkle with finely chopped parsley, decorate with slices of lemon and serve immediately.

A la Mode de Chablis

Make a stock of the heads and trimmings of the filleted fish. Reduce a pint of it to a wineglassful (1 gill).

Chop a shallot and let it cook for 5 minutes in a little butter, without colouring. To it add a wine-glass of Chablis or white wine. Simmer this until it is considerably reduced. Strain it and season it,

A PRETTY KETTLE OF FISH

adding a dessertspoonful of tomato juice, a pinch of sugar, cream and the stock. With this cover the fillets which are placed in a buttered fireproof dish. Cook them gently in a very moderate oven. Do not allow the sauce to brown.

A la Pourvillaise

Take the fillets of four medium-sized whittings.

Put them in a frying-pan in which you have melted, without allowing it to boil, clarified butter. Season them with salt and pepper and sprinkle with lemon-juice. Let them cook over strong heat, turning them once. Then take them out of the pan carefully and drain them on a white cloth.

Chop 4 or 5 oz. of peeled mushrooms very finely. Wash their stems and peelings and cook them for 10 minutes in milk with salt, pepper and a clove of garlic. (If garlic is disliked, substitute shallot.) Pass the liquid through two thicknesses of fine muslin, and add to it a dessertspoonful of butter, a wineglassful of stock and half a liqueur glass of *eau de vie* (brandy—but not the best). Cook the mixture gently over the fire, and just before you are ready to serve, add to it the yolks of 2 eggs (p. 188). Stand the saucepan in a *bain-marie*, and beat the sauce until it thickens, but do not allow it to boil.

Put the fillets on a hot dish and cover them with the sauce which should have the consistency of a purée.

This recipe was given by Madame Paumelle who kept a small pension near Pourville.

“*Les Secrets de la Bonne Table*,”

Benjamin Renaudet (*Albin Michel*).

SEA FISH

WITCH

Witch is in season from August to April.

This imitation sole is best fried or cooked *à la meunière*.

Fresh-Water Fish

CARP

THERE is noble testimony to the goodness of a carp ; but few people have eaten one in this country. In Central Europe, cut off from the sea, it is the most popular and abundant of all fish. In Czechoslovakia the art of hatching carp in artificial ponds has been practised for centuries and the fish are noted for their particularly good flavour.

In the eighteenth century carp were extraordinarily sought after. De Cussy notes that in France a single monster might fetch up to thirty louis.

“A fat river carp is a dish for a prince,” said this Frenchman, and Izaak Walton gives it a place as the queen of rivers—“a stately, a good and a very subtil fish.”

TO ROAST A CARPE WITH A PUDDING IN HIS BELLY

Take the Bones of a Pike and choppe them very small, then put in grated bread, two or three egges, Currans, Dates, Suger, Sinamon, and Ginger and Mace, Pepper and Salte and put in his bellye, and put him on a Broche and make sweete sauce

FRESH-WATER FISH

with Barberyes or Lemmons minced and put into the sweete sauce and then put it on the Carpe when you serve it up.

"The Good Huswife's Jewell,"

Thomas Dawson, 1596.

DELICIOUS CARP

Put a handful of prepared, washed and lightly chopped sorrel into a saucepan together with a good sized piece of butter, a piece of crustless bread, chopped parsley, chives and shallots. Cook for fifteen minutes, then add some good cream and simmer until well mixed. Take off the fire and add the chopped yolks of three hard-boiled eggs, three raw yolks, salt and coarsely ground pepper. Stuff a cleaned carp with the mixture, sewing the fish up so that nothing escapes, and put it to marinade in oil, adding salt, pepper, whole chives, a clove of garlic, thyme, bay-leaf, basilick. When ready, grill it, basting it with marinade and serve with this sauce.

Put chopped mushrooms and a little butter in a saucepan and simmer them for a quarter of an hour; then set them aside to cool. Then add a pinch of flour, capers, chopped anchovies, parsley, chives, shallots, a good lump of butter, stock, salt and coarsely ground pepper. Cook gently, and finish with a little lemon juice or a dash of good vinegar.

Manuel de la Friandise, 1796.

Here is the recipe, from the *Compleat Angler* signed by "Dr. T.". It is described as "a curious dish, which will make it worth all your labour and patience. And though it is not without some trouble and charges, yet it will recompense both."

A PRETTY KETTLE OF FISH

Take a carp; scour him, and rub him clean with water and salt, but scale him not; then open him; and put him, with his blood and his liver, which you must save when you open him, into a small pot or kettle; then take sweet marjoram, thyme and parsley, of each half a handful; a sprig of rosemary, and another of savoury; bind them into two or three small bundles, and put them in your Carp, with four or five whole onions, twenty pickled oysters, and three anchovies. Then pour over your Carp as much claret wine as will only cover him; and season your claret well with salt, cloves, and mace, and the rinds of oranges and lemons. That done, cover your pot and set it on a quick fire till it be sufficiently boiled. Then take out the Carp; and lay it, with the broth, into the dish; and pour upon it a quarter of a pound of the best fresh butter melted and beaten with half a dozen spoonsfuls of the broth, the yokes of two or three eggs and some of the herbs shred: garnish your dish with lemons, and so serve it up. And much good do you!

Carp, like other fresh-water fish, is best if caught in running water. Pond carp have a muddy taste, to counteract which a learned monk suggested the prudence of giving them for companions a few small pike, who would nibble at their fins when they are half-sunk in the mud, and compel them to take exercise.

Carp au bleu in Aspic (Czechoslovakia)

Put two pig's feet and half a pound of lean bacon-rinds into salted cold water. Bring the water to the boil and simmer until the contents are tender. Strain off the liquid and, when it is cold, remove all fat.

FRESH-WATER FISH

Clean the fish thoroughly, being careful to remove the scales. Cut it into portions or leave it whole. Set it in a pan and over it pour half a pint of boiling salted vinegar. This will have the effect of turning the skin slightly blue. Drain this vinegar from the fish and add it to the stock from the pig's feet. Add chopped vegetables of various kinds, pepper and herbs. Let all simmer for half an hour, then lay in the carp blue side downwards. When it is cooked, lift it out carefully and put it on a deep dish.

Strain all the liquid from the fish into another saucepan. Beat up the whites of 2 eggs and put them, with the broken shells, into it and stir constantly until it comes to the boil. Then let the pan stand in a half-open oven for 15 minutes. Strain through several folds of scalded muslin. (Do not press it through, let it drip.) Pour the liquid over the fish and set it in a cold place to become jellied. Garnish the dish with slices of lemon, tomato, and hard-boiled eggs.

Madame Ruzicka.

Fried

Very small carp are best dipped in milk, then in flour and fried in very hot fat. Larger fish should be split open, halved, egg-and-bread crumbed (p. 25) and fried.

Grilled

Do not marinade carp. Lay small ones on a bed of fennel and grill them gently. Serve with a purée of sorrel (p. 220) and pats of anchovy butter (p. 195).

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A l'Hongroise

Cut the meat of a pike into pieces about three inches square, salt them and place them in an oblong pan with bacon cut into dice, sliced green paprika and tomatoes. Put the pan in a moderate oven.

Fry some chopped onions, add a tablespoonful of red paprika, and, a minute after, enough cold water to cover all. Simmer gently for a minute or two. Add a teacupful of sour cream into which a teaspoonful of flour has been stirred. Add also about half a pound of cooked, sliced potatoes.

Ten minutes before the fish is ready, pour the mixture over it. Cover it and let it finish baking in a moderate oven.

Madame de Sász.

Water Soupy of Carp

See *Perch* (p. 127).

Carp's Roe

The roe, which is very delicate, should be cooked separately. It can be egg-and-breadcrumbed and fried, or made into fritters and served as a garnish to another fish.

CHUB

Should you have the misfortune to have caught a chub and nothing else, take Izaak Walton's advice.

He is objected against, not only for being full of small forked bones, dispersed through all his body,

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but that he eats waterish, and that the flesh of him is not firm, but short and tasteless. The French esteem him so mean, as to call him un Vilain : nevertheless he may be so dressed as to make him very good meat ; as namely : if he be a large Chub then dress him thus :

First, scale him, and then wash him clean, and then take out his guts ; and to that end make the hole as little, and near to his gills, as you may conveniently, and especially make clean his throat from the grass and weeds that are usually in it ; for if that be not very clean, it will make him to taste very sour. Having so done, put some sweet herbs into his belly ; and then tie him with two or three splinters to a spit, and roast him, basted often with vinegar, or rather verjuice and butter with good store of salt mixed with it.

But take this rule with you, That a Chub newly taken and newly dressed, is so much better than a Chub of a day's keeping after he is dead, that I can compare him to nothing so fitly as to cherries newly gathered from a tree, and others that have been bruised and lain a day or two in water.

EELS

PÂTÉ OF EEL

Cut the eel in rounds. Mix with it yolks of eggs, parsley, mushrooms, asparagus, soft roes, verjuice, or gooseberries if in season, and do not stint either butter, or salt, or pepper. Spread this on an undercrust and cover it with pastry. In order to hold it together, butter narrow bands of paper, and putting them round the pastry, bind them lightly on. Bake the pâté and when it is cooked, mix the yolks of three eggs with a dash of verjuice and a little nutmeg ; and when you are ready

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to serve, pour in your sauce into the pâté and mix it well. Open the pâté and serve with the crust cut in four.

"Cuisinier François," Sieur de Varenne, 1658.

Eels, always in season, are least excellent in winter, and at their best in the month of May. They must be freshly killed to be good, and they should not be too large—a pound and a half at most.

To prepare Eels

To prepare an eel make an incision round its head and pull the skin right off from this point. Then lay the fish, half at a time, in boiling water. This will make it easy to remove the inner grey skin. A very sharp knife will be required.

Wash the eel in several waters, cleaning it well inside. Drain it and sprinkle it with salt. Leave it for an hour and then wash it again thoroughly.

Matelote of Eel

Heat 3 oz. of butter in a pan. Put in the slices of eel and a dozen peeled button onions. Season with salt and pepper and brown all very lightly—keeping the lid on. Add a pint of red wine and 2 tablespoonsful of brandy. Season lightly, remembering that the wine will be reduced by boiling. Add a lump of sugar, a small bouquet, a little peeled and crushed garlic. Cover the pan again and put it over a strong flame. The moment the wine boils up hold a lighted match above it. The wine should stah fire like a punch. When the flame goes out,

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put back the lid and let the contents of the pan cook gently for 25 minutes.

Prepare and cut in four a number of mushrooms. Add them to the matelote 10 minutes before you are ready to serve.

Have ready a number of slices of long French rolls. Toast them and butter them, squeezing on each a little garlic. Place them at the bottom of a deep dish. Over them place the slices of eel. Reduce the sauce by quick boiling, season it well, add a few small pieces of butter and pour it over the eel.

“*La Gourmandise à Bon Marché*,”
Paul Bouillard (*Albin Michel*).

Eels à la Poulette

Clean and skin the eels as directed above. Put them into a saucepan of boiling water together with half a pint of vinegar. Let them simmer for a quarter of an hour, then take them and cut them into two-inch lengths.

In a clean pan put butter the size of an egg. To it add half a pound of small peeled mushrooms and the pieces of eel. Let them cook gently until they colour a little. Put in also a small bouquet, a bay leaf and a tablespoon of chopped onion. Let all cook very gently. Skim most carefully. When done, take out the pieces and set them over boiling water to keep hot. Remove the bouquet. Thicken the sauce with a little *roux*—a dessertspoonful at most (p. 184). Then, placing the saucepan in a *bain-marie* (p. 183), add to it the yolks of 2 eggs diluted with a little water and strained. When

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well mixed add the juice of a small lemon and season rather highly. Arrange the eel on a very hot dish, pour the sauce over it, and garnish with fried *croûtons* and slices of lemon.

Grilled Eel

When the eel is skinned and cleaned, cut it in pieces about two inches long and cook them for 15 minutes in water (or white wine) with plenty of herbs. Remove, drain and dry the pieces, and dip each in egg and breadcrumbs (p. 25). Set them under the grill and cook them gently for 15 minutes, turning them and basting them with melted butter. Serve with fried parsley (p. 220) and tartare sauce (p. 194).

GUDGEON

These little fish make an excellent fry, as anyone who has tasted it in one of the many good river restaurants in France can testify. It is a holiday fish, being at its best through August and up to the end of October.

Fried

Clean the fish and rub off the scales ; dry them and dip them in flour. Put them into very hot oil and fry for about 4 minutes. Serve at once with fried parsley (p. 220) and quarters of lemon.

PERCH

The Perch is a very good and very bold biting fish . . . He is of great esteem in Italy, saith Aldrovandus :

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and especially the least are there esteemed a dainty dish. Gesner prefers the Perch and Pike above the Trout, or any fresh-water fish . . . and he says the River Perch is so wholesome that physicians allow him to be eaten by wounded men, or by men in fevers, or by women in child-bed.

IZAACK WALTON.

Perch are in season from June to November.

A perch that comes out of fresh running water has a green-gold back and red fins.

The fish must be well cleaned and the scales and gills removed. While doing this the fingers should be protected for fear they catch on the very sharp spines.

Boiled

Put the fish into hot salted water to which a little vinegar has been added. Bring it to the boil and then let it simmer gently till it is cooked. A large fish will take about 25 minutes from the time the water reaches boiling-point. The skin should be carefully removed and the perch served with melted butter to which lemon-juice and seasoning have been added.

Grilled

Make two incisions in the back of the fish and set it in a marinade for an hour (p. 36). Grill it under moderate heat.

Water Souchy

Choose small fish. Prepare them and lay them in a saucepan over a layer of thinly sliced onion,

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small pieces of celery and sprigs of parsley. Add water enough to cover the fish and a tablespoonful or so of butter. Bring to the boil and simmer very, very gently. Serve with parsley sauce made with half milk, half liquid from the pan.

PIKE

The old or very great Pikes have in them more of state than goodness: the smaller or middle-sized Pikes being by the most and choicest Palates, observed to be the best meat.

All Pikes that live long prove chargeable to their keepers, because their life is maintained by the death of so many other fish, even those of their own kind; which has made him by some writers to be called the tyrant of the rivers, or the fresh-water wolf, by reason of his bold, greedy, devouring disposition.

IZAACK WALTON.

STUFFED PIKE

Split the fish down the back and remove the skin from head to tail. Remove the little bones, but leave the backbone, since this will help to keep the fish more firm when it is stuffed. Take a little of the fish, add to it the same quantity of carp or eel. Chop these finely with butter, adding the yolks of eggs, salt, pepper, butter and milk. Mix chopped mushrooms with the rest. Stuff the pike and cook it in a fish-kettle. Make a sauce with the water in which the fish has cooked, or with a purée of fish, adding a little verjuice, a little vinegar, with chopped parsley, mushrooms and capers, all well seasoned. Let this cook for some time.

"Cusiniér François," 1658.

FRESH-WATER FISH

IZAAK WALTON'S RECIPE

This dish of meat is too good for any but anglers, or very honest men.

First, open your Pike at the gills, and if need be, cut also a little slit towards the belly. Out of these, take his guts ; and keep his liver, which you are to shred very small, with thyme, sweet marjoram, and a little winter savoury ; to these put some pickled oysters, and some anchovies, two or three ; both these last whole, for the anchovies will melt, and the oysters should not ; to these you must add also a pound of sweet butter, which you are to mix with the herbs that are shred, and let them all be well salted. If the Pike be more than a yard long, then you may put into these herbs more than a pound, or if he be less, then less butter will suffice. These, being thus mixt, with a blade or two of mace, must be put into the Pike's belly ; and then his belly so sewed up as to keep all the butter in his belly if it be possible ; if not, then as much of it as you possibly can. But take not off the scales. Then you are to thrust the spit through his mouth, out at his tail. And then take four or five or six split sticks, or very thin laths, and a convenient quantity of tape or filleting ; these laths are to be tied round about the Pike's body, from his head to his tail, and the tape tied somewhat thick, to prevent his breaking or falling off from the spit. Let him be roasted very leisurely ; and often basted with claret wine, and anchovies, and butter, mixed together ; and also with what moisture falls from him into the pan. When you have roasted him sufficiently, you are to hold under him, when you unwind or cut the tape that ties him, such a dish as you purpose to eat him out of ; and let him fall

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into it with the sauce that is roasted in his belly; and by this means the Pike will be kept unbroken and complete. Then, to the sauce which was within and also that sauce in the pan, you are to add a fit quantity of the best butter, and to squeeze the juice of three or four oranges. Lastly, you may either put into the Pike, with the oysters, two cloves of garlick; and take it whole out, when the Pike is cut off the spit; or, to give the sauce a haut-goût, let the dish into which you let the Pike fall be rubbed with it. The using or not using of this garlic is left to your discretion.

A pike should be bled from the tail and gills as soon as it has been killed in order to whiten the flesh. The roe must not be eaten—unless as a strong medicine.

Au bleu

Pike cooked in this way can be served hot or cold. For directions see Trout *au bleu* (p. 136).

Suprême de Brochet Dijonnaise

If pike is to be served, I think it should be richly cooked—a *plat de cérémonie*. No one who has tasted *suprême de brochet* at the *Trois Faisans* in Dijon will speak disparagingly of this fish again.

Have your pike skinned and filleted.

Lard the fillets as you would a fillet of beef and set them for a day or two in a marinade consisting of madeira, white wine and a little cognac, finely chopped shallots, a bouquet (parsley, thyme and bay-leaf), salt and pepper. Turn them several times.

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Butter a fireproof dish generously. Put the fillets on it and surround them with small fresh mushrooms. Pour the marinade over them and bake for about 20 minutes in a fairly quick oven, basting often. At the end of this time the fillets should be well browned. Add 2 tablespoonsful of very fresh cream, 2 or 3 pieces of butter, and serve.

"Les Trois Faisans," Dijon, M. Racouchot.

Two wines and cognac suggest extravagance. But the quantity of wine required is not excessive.

Braised with Chablis

Have the pike boned and filleted.

With the bones and trimmings, half a glass of white wine, a wineglass of water, an onion cut in slices, and 2 or 3 sprigs of parsley, make a fish stock. Simmer for 20 minutes.

Butter a fireproof dish, lay the fillets in it together with a good pinch of very finely chopped shallot.

Pour the strained fish stock over the fish, adding a handful of mussels which have been opened in a little white wine (p. 159). Salt lightly. Bake for between 10 and 15 minutes.

Strain the liquid from the dish into a small saucepan and reduce it by half. Add a little butter, stirring it well in. Simmer for 10 minutes. Then take the pan off the fire. Mix the yolks of 2 eggs with a few drops of water, strain them and add them to the contents of the saucepan. Whip well together while you bring the sauce almost to the boil, then gradually add 2 oz. of butter in small

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pieces. Season and finish with a good pinch of finely chopped parsley.

Pour the sauce over the fillets. Set the dish in another containing hot, but not boiling, water, and brown in a very hot oven.

Charles Bergerand, Hôtel de l'Etoile, Chablis.

À la Juive (Polish recipe)

Wash the fish well. Remove the skin by making an incision round the neck, twisting the knife under it and gradually peeling it off. It must not be broken or torn. Scrape off any flesh that adheres to the skin. Remove the bones and either pound the fish or put it three times through a mincing machine. Add salt and pepper. To every 2 lb. of fish add an egg and a heaping tablespoon of butter. Work together until smooth. Then, slowly, add a wineglass of cold water and work until you have a soft paste. Let this stand for 10 minutes. Pack the mixture back into the skin.

Chop 2 carrots, 2 turnips, half an onion and any herbs you choose to take. Put these into a saucepan with the fish and just cover with water. Simmer very slowly for 40 minutes.

In another saucepan put a tablespoonful of butter, and one of flour. Mix together and then add sufficient of the liquid in which the fish was boiled to make the required quantity of sauce, adding all the well-drained vegetables which were cooked with the fish. Season well, serve with the fish and sliced dumplings (p. 33).

As a large pike is generally too big for one meal, strain the remaining liquid in which the fish cooked,

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and to it add isinglass (p. 34). Slice what is left of the pike and pour the stock over it. Serve cold with mayonnaise and a Russian salad.

Madame Sztolcmann.

Baked (Czechoslovakian recipe)

Cut the pike into thick slices, place it in a buttered fireproof dish, sprinkle it with grated horseradish and plenty of melted butter. Baste frequently.

Madame Ruzicka.

Pauchouse, or Matelote of Pike and other Fresh-water Fish

Take 2 lb. of fish such as pike, perch, eel and tench, and cut them in slices.

Crush 2 cloves of garlic in a pan, lay the fish over them, season and cover with a dry white wine. Bring to the boil, and letting the wine boil fiercely, set light to it. Remove the pan from the fire for a few minutes. Pour off the liquid from the pan, thicken it with *roux* (p. 184.) Arrange the pieces of fish on a very hot plate, pour the sauce over them and serve with freshly made *croûtons* of bread. *Georges Besson, La Croix d'Or, Verdun-sur-le-Doubs.*

RIVER TROUT

The Trout is a fish highly valued, both in this and foreign nations. It may be justly said, as the old poet said of wine, and we English say of venison, to be a generous fish: a fish that is so like the buck, that he also has his seasons: for it is observed that he comes in and goes out of season with the stag and buck.

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Gesner says, his name is of a German offspring : and says he is a fish that feeds clean and purely, in the swiftest streams, and on the hardest gravel : and that he may justly contend with all fresh-water fish, as the Mullet may with all sea fish, for precedency and daintiness of taste : and that being in right season, the most dainty palates have allowed precedency to him.

IZAACK WALTON.

The best way of cooking a trout is to boil it in white wine with two or three spoonfuls of good meat stock and salt. When this mixture boils throw in the trout well stuck with cloves and cinnamon and let it cook over as fierce a fire as may be. When it is half-cooked throw in some white-bread crusts, as much to thicken the liquid as to prevent the fish from smelling of the pan. A little later add good herbs, such as thyme, marjoram, rosemary, summer savory, parsley and sweet spices. Finally pour butter which has been melted in a pan with a little vinegar over the fish. Boil up for a moment or two and serve all together.

“Le Thrésor de Santé,” 1607.

TROUT WITH WINE

Clean some fine trout. Put inside each a piece of butter which has been worked with fresh green herbs, salt and pepper. Place them in a fish-kettle and pour over them white wine—sufficient to cover the fish a thumb's breadth over—season with pepper, salt, nutmeg, two onions and two crusts of bread with two cloves stuck in each. Cook them over so fierce a flame that it will set fire to the wine. When they are cooked and the sauce reduced, add a piece of butter and stir it well in.

FRESH-WATER FISH

When ready, and you are satisfied as to the seasoning, take out the fish, arrange them on a dish, and pour the sauce over them.

“Dons de Comus,” 1739.

HELL FIRE TROUT

Clean and prepare a large trout. Work together butter, finely chopped parsley, chives, a speck of garlic, mushrooms, two shallots, and basil, adding salt and coarsely ground pepper. Put the mixture inside the trout. The fish must then be placed in a pan just long enough to hold it, together with a carrot, a leek, and an onion stuck with three cloves. Pour over it a mixture of white and red wines (two-thirds white and one-third red). This should rise two-thumbs deep above the trout. Cook over a very fierce flame. When the liquid is boiling fiercely, set light to it with a piece of burning paper, and cook until the wine is almost the consistency of a sauce. Take out the vegetables, add a good piece of butter to the wine, season and serve the fish very hot.

“Manuel de Friandise,” 1796.

River Trout are in season from April to September.

À la St. Bernard

Put half a bottle of red wine into a pan, with a slice of onion, a bouquet and salt. Bring it to the boil, lay in the trout and cook them quickly.

The red wine used can be saved to cook trout again—or for use in boiling a red mullet. I have

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never eaten it cooked in this way, but I am told that it is perfection.

And here is a quotation the source of which I have unfortunately lost—

“Give your trout a bottle of good wine, a lump of butter, and tell me how you like him!”

Au bleu

To have this dish in perfection it should be eaten at a good restaurant, since the trout should be alive until the moment comes for cooking them in a *court-bouillon* made of wine, or wine-vinegar, and water.

The valued shade of blue can be obtained even when the fish have been killed for some little time.

Lay the trout on a wide dish and pour, a tablespoonful at a time, boiling vinegar over them.

Lay the fish in a pan containing a tepid *court-bouillon* made with vinegar (p. 21), adding the vinegar which was used to scald them. (If the *court-bouillon* is made with wine, do not include the vinegar.) Bring to the boil and finish by simmering very gently.

Before serving, brush the fish over with melted butter, which will give them a brilliant gloss. Serve them with melted clarified butter or with hollandaise sauce, and small boiled potatoes sprinkled with very finely chopped parsley.

If the trout are to be served cold, let them cool in the *court-bouillon* and serve them with one of the various mayonnaises (p. 193).

FRESH-WATER FISH

Fried

Very small trout may be dipped in milk, then in flour, sprinkled with salt and fried in butter. It is wise to break the backbone at one point. This will prevent them from curling up.

Grilled. See page 27.

Serve with *maître d'hôtel* butter p. 196.

In Jelly

Cook the trout in a *court-bouillon* composed of water, white wine, a shallot, a bouquet (p. 31), and seasoning, in a shallow pan covered with a piece of greased paper. It must cook so gently that scarcely any movement in the water is noticeable. Let it cool in the liquid, then remove it, take off the skin very carefully and lay the trout on a dish. Cover it with jelly (p. 34), garnish it with very small darioles of mousse of tomato (p. 223) and slices of lemon. Serve iced.

À la Meunière

Make two incisions about an inch long on each side of the fish.

Lay them in salted milk, drain them and dip them in flour, shaking off whatever does not adhere closely.

Heat a good-sized piece of butter in a frying-pan. Lay in the fish and let them brown on both sides over good heat. Finish in the oven, basting several times.

Put the fish on the dish on which it is to be

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served. Sprinkle it with finely chopped parsley and lemon-juice. Add more butter to that in which it cooked, letting it brown lightly and pour over the trout. Serve with slices of lemon.

Or : The trout may be cooked altogether over a heat (see p. 28).

Artichoke bottoms sautéed in butter are good with trout cooked in this way.

Shell Fish

CRABS

TO FORCE CRABS

TAKE so many Crabs as you please, take the meat out of the Claws, and mix it with the meat of the body, the skin and strings thereof pick out, then take some Pine-apple, Pistaches, and Artichoke bottoms, minced with the body of an Eele half boyled, but not very small, and with the meat of the claws before you mix it, as also a handful of Oysters, put to it a little grated manchet, nutmeg, Cinamon, Ginger and Salt, with a Lemon cut in dice, with the yolks of two or three raw Eggs, and a quarter of a pound of Butter in small bits ; make up this into a reasonable stiff force meat and force your shells. Make the rest into small balls, and put them into a deep tin dish, and bake them gently in an Oven ; let your meat in your shells be a very tender meat ; when they come out of the Oven, add to them some drawn Butter, and the juice of Oranges and Lemons, dish them with your forced balls round about them, stick them full of picked Sprigs of Paste about four inches long, and stick upon your Sprigs fried Oysters.

William Rabisha, 1675.

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I think it needs a specialist to prepare the perfect dressed crab: but for those who wish to try at home, I give several suggestions.

The crab should be dressed as soon as it is cooked; and cooked as soon as it is killed. Medium-sized crabs should be chosen, and since cooking them is not a very pleasing business, your fishmonger must be trusted to let you have them in perfect condition—with the “aprons,” stomach and intestines removed.

Remove all the meat from the body and the claws. Chop it finely.

Put the creamy substance in a bowl and mix it with finely chopped parsley, a very little shallot chopped as finely as you can, a chopped hard-boiled egg (this can be omitted), and made mustard to your taste. This mixture can be moistened with a very little French dressing—oil, vinegar and seasoning.

Add the white meat and stir well together. Pile it on the scrubbed shells and decorate with chopped parsley and the yolk of a hard-boiled egg that has been put through a sieve.

Be very careful that no tiny pieces of shell are left in the meat.

Or: The crab may be mixed with mayonnaise or remoulade sauce.

Or: Put the creamy substance in a bowl with a teaspoonful of mustard, salt and pepper. On it pour oil, drop by drop, as you would in making a mayonnaise (p. 192). When the mixture is very thick add wine-vinegar to your taste. Mix the shredded crab meat with it, adding a little finely chopped parsley, tarragon and chives.

SHELL FISH .*

Deville

Make a very thick béchamel sauce (p. 185). Dilute it with cream. Season it with mustard and cayenne and a few drops of Worcester sauce. Add the meat and creamy substance. Put the mixture into a saucepan, stir it together and heat it gently. Put it into crab-shells, sprinkle with fine bread-crumbs and tiny pieces of butter and brown under the grill.

CRAYFISH

It may seem waste of space to include the crayfish in this book—since it is so little fished for and so generally unknown—and has not, to be frank, quite the qualities with which the foreign gourmet endows it. But since many English rivers provide it and in a simple form it is easy to cook, the crayfish is given a place. A drab thing when caught, it becomes superb in colouring when boiled—not one colour like the lobster, but half a dozen ranging shades. The French word “*cardinalisée*” is peculiarly its own.

And for another reason the crayfish takes its place here. We have for it the only recipe which I have found that was definitely given by one of those who must best have known how to cook fish—a monk, M. le Prieur. Perhaps the recipe for a dish “worthy to be served to angels” may stir desire to taste what has made a poet of more than one Frenchman.

Lucien Tendret, in his book *Au La Table au Pays*

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de Brillat Savarin, laments that crayfish are no longer plentiful in Bugey—that country which abounds in everything a gourmet loves, exquisite butters, cream, game, vegetables, river fish—and great chefs. “Their disappearance,” he says, “is more irreparable than that of the books of the Sibyl of Cumae.”

Here, close to London, in the little River Lea, they may be found—and in many other rivers too.

Since fishing for crayfish is so rare a pastime, the following note may be interesting.

The methods of capture are simple, once local knowledge is acquired. The crayfish may be caught by groping in the holes of the bank to which they resort in the daytime; or with a landing-net and electric torch after dark as they crawl on the bottom in a chalk stream; or by baiting small wicker frames over which a net is stretched—the bait being meat, as odoriferous as possible. Each trap is attached by cords to a stick and left in a likely haunt; by the time half a dozen of them have been left in position, it will be time to go back and visit the first, take out the crayfish—there may be several—replace the trap, visit the others, and repeat the process as long as your patience lasts or till bedtime comes. For this, like the landing-net method, is a night fishing.

Even a couple of dozen crayfish will provide an excellent mayonnaise.

According to M. le Prieur, crayfish, if caught before they are required, must not be put into water or on damp grass. They should be put in a sack, lightly crowded together, and tied up. In

SHELL FISH.*

this way they can be kept for more than twelve hours.

CRAYFISH A LA MODE DE M. LE PRIEUR

Take ten dozen fine crayfish, wash them in several waters, drain them and wipe them with a cloth.

Into a copper pan put two glasses of white wine, and as much white wine-vinegar, a glass of concentrated meat stock (jus) and half a glass of fine Champagne. Add 2 ozs. bacon fat, 2 carrots and four onions cut in dice, ten shallots, two cloves of garlic ; a bouquet of thyme, parsley, chervil and a quarter of a bayleaf ; half the rind of a medium-sized orange, a big handful of uncrushed salt, a handful of white pepper which has just been ground, two pinches of red pepper, or half a pinch of Cayenne.

Cook together until the liquid is reduced by half. Put in the crayfish, stirring them often. After ten or twelve minutes, if they are cooked, take them out and put them on a silver or porcelain dish, and, having passed the court-bouillon in which they cooked through a sieve, pour it over them.

At the appointed moment, the host raises the cover of the dish, a light vapour ascends towards heaven, vinous and acid aromas fill the room, the weariest heart takes courage, and appetite is born again.

The dish was served with the local wine, Virieu, but Lucien Tendret says that champagne may, to advantage, take the place of the humbler wine. It must be a good brand, and should be iced. "The chill of the wine makes a contrast to the heat

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produced by the highly-seasoned *court-bouillon*, and the eater may experience that sensation which the prophet Isaiah must have felt when the angel purified his lips with the divine and incandescent coal."

Since we have given one elaborate recipe, another from this same country shall be added—

BRILLAT SAVARIN'S TIMBALE OF CRAYFISH

Cook (cardinalis ex is the noble French word) your crayfish according to the rites of M. le Prieur, twenty dozen of them.

Pull off the heads and tails, and together with the meat from the largest claws and the eggs, put the crayfish into a pan with butter and let them cook very gently in it until they all turn gold or orange.

In a mortar pound a dozen cooked crayfish. Add to them half a glass of the liquid in which they were cooked, put them through a sieve and keep them in reserve (this is the coulis).

Chop finely a medium-sized white onion and cook it in butter without letting it brown.

Into a saucepan put two ounces of fresh butter and one of flour. Stir the two together until the mixture turns a light brown, add the onion and moisten with several spoonfuls of the coulis you have prepared.

Simmer this until it forms a paste, and then dilute it with fresh cream added a very little at a time. Simmer again for twenty minutes, and if the sauce is too thick add more cream.

The unctuousness of this dish depends on the trouble taken in making the sauce. Add to it the crayfish meat, salt and

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pepper. *Simmer for ten minutes, then pour it into a timbale of hot pastry.*

This dish [adds Brillat Savarin] is worthy to be served to angels if they still walked the earth as they did in the days of Lot.

I would add that this *coulis*, or something very like it, was served in Belley at M. Pernollet's famous table, poured over what has been described as "wraiths of puff pastry," a dish which once tasted, even by those who do not live to eat, can never be forgotten.

Boiled

Prepare the *court-bouillon* by simmering rather over half a pint of liquid (half wine, half water : half water, half wine-vinegar ; or wine only) with a few slices of onion, carrot, parsley stalks, ground pepper, salt, thyme and a bay leaf for 20 minutes.

Wash the crayfish thoroughly in cold water, drain them and lay them in the boiling mixture in the widest saucepan you possess. Cover it. The crayfish, unless very big, will be ready in 7 minutes. Shake the pan occasionally while they cook. Let them cool in the *court-bouillon*.

Arrange the crayfish round a sheaf of very fresh parsley. They are superb to look at—and messy to eat. Finger-bowls, with slices of lemon in them, are essential.

Or : Use Crayfish as a garnish for a cold-fish dish.

Or : As a salad.

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Au Gratin

Cook the crayfish as directed for about 8 minutes. Take them out and remove the flesh from the shells with great care.

Make a good white sauce with a very little flour, add cream, the yolk of an egg (p. 188), a little butter, a tablespoonful of the *court-bouillon*. Season.

Add the crayfish to the sauce and pour into a shallow fireproof dish. Sprinkle with grated parmesan and brown quickly in a hot oven.

With Mayonnaise

Cold crayfish which have been cooked in an aromatic *court-bouillon* are exceedingly good with mayonnaise and a lettuce salad.

À la Nantua

Cook the crayfish in boiling water for 5 minutes.

Take them out of the water, remove the shells and let them cook very gently in hot clarified butter of the best quality for half an hour, stirring often with a wooden spoon.

Over 2 dozen crayfish (which will provide a pitance for 4 people) sprinkle a teaspoonful of sifted flour, stir well together and cook very gently for 5 minutes. Then add 2 or 3 tablespoonsful of cream and simmer again, even more gently if possible, for 3 minutes. Season. Serve in small cases or on scallop-shells.

Rizotto of Crayfish

Make a *court-bouillon* in this wise. Put into a saucepan a carrot, a large onion, 2 chopped shallots,

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a bouquet, 2 glasses of white wine and 1 of water, salt and a few grains of white pepper. Bring to the boil and simmer for quarter of an hour. Clean and wash the crayfish and cook them in the *court-bouillon* for 8 minutes. Take them out with a skimmer and put them into a basin.

Chop an onion and when it begins to colour slightly in hot butter, sprinkle in about quarter of a pound of Carolina rice. Stir rice and onion together for some 2 minutes, then pour over it the *court-bouillon* in which the crayfish have cooked, allowing three times as much *court-bouillon* as you have rice. Cook very slowly in a double-boiler, without touching the rice, for about 18 minutes.

Shell the crayfish. Put them into a saucepan in which you have heated some butter, and let them colour very slightly. Sprinkle them with a little flour. Stir quickly, so that each crayfish gets its little portion of flour. Add a little thick cream. Then very slowly, stirring all the time with a wooden spoon, bring the cream to boiling-point, but do not let it boil further.

Place the crayfish in the centre of a dish with the rice around it. Grated cheese may be served with the rizotto.

“*La Cuisine au Coin du Feu,*”

Paul Bouillard (*Albin Michel*).

CRAWFISH OR LANGOUSTE

I think that at its best a langouste is finer and more delicate than a lobster—but the best are seldom to be found in England except, occasionally, in a

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restaurant, probably because there is so little demand for them. So little, indeed, that it is the French who fish them in Irish waters. The owner of a Breton fishing fleet who were catching lobsters on the western coast heard that there were langoustes there and that they were regarded as worthless vermin. His reaction was prompt. He provided the appropriate traps and undertook to buy at a fair price all that were taken—either by his own men or by local fishers. Gradually he acquired a great part of the whole trade in lobsters and langoustes along this rocky, dangerous but lobster-abounding coast. We are, possibly, the losers.

The langouste is better cold than hot, but it can be cooked according to the recipes given for lobster, *au gratin*, *à la cardinal*, etc.

If it is to be eaten cold, take the meat from the shell, cut it carefully in diagonal slices and put these back into place after removing the eggs and creamy substance to be found in the shell. These should be pounded, put through a sieve and added to the mayonnaise which is served separately with the langouste.

DUBLIN PRAWNS

In season most of the year.

Dublin prawns are very little known in this country, although many of the more enterprising fishmongers stock them from time to time. They are worth asking for and a steady demand would surely increase their import from Ireland.

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This little crustacean, *langoustine* as it is called in France, is not only very delicate, but reasonable in price. It must be very fresh, and for this one is dependent on the word of a fishmonger. It should, of course, be bought alive and cooked at home ; but this is a counsel of perfection.

Dublin prawns make a good salad ; prepared and cooked in scallop-shells, they are excellent ; and fried they very much resemble, but not quite, the delicious *scampi* of Venice.

Fried

If the prawns can be bought alive, cook them as directed for Crayfish (p. 145).

If they are bought already cooked, remove the bodies intact from the shells and cut each in half. Dip them in milk, drain them and dip in flour. Egg-and-breadcrumb them and fry (p. 22) in very hot fat just long enough to turn them golden brown.

With a Rizotto

Cut the cooked prawns in half. Dip them in seasoned milk and then in flour (p. 25). Fry them in very hot oil or fat until they have coloured delicately. Take them out and drain them thoroughly.

Have ready a rizotto made in the following way :

Chop a tablespoonful of onion and fry it golden-brown in butter. Add 4 tablespoonsful of unpolished Patna rice. Stir well together. Then add half a pint of fish stock and a small bouquet (p. 31) ; simmer in a *bain-marie* until all the stock is absorbed.

Remove the bouquet and stand the drained rice

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inside the oven for a few minutes. Season it well and add the fried prawns. Serve at once.

In Scallop-Shells

Put the cooked prawns into a good white, béchamel or Mornay sauce. Pour the well-seasoned mixture into buttered scallop-shells, sprinkle with breadcrumbs, small pieces of butter and grated cheese. Colour in a quick oven or under a grill.

The scallop-shells may have a border of *duchesse* potatoes (p. 215).

Or: The prawns may be cooked according to the directions given for *Coquilles St. Jacques* (p. 151).

SCALLOPS

Scallops are in season from November to the end of March. They are at their best in December.

Small scallops are tenderer and sweeter than very large ones.

Wash the scallops carefully, cutting away the beards and black part—if the fishmonger has not already done this for you.

TO BROYL SCOLLOPS

First boyl the Scollops and then take them out of the shells, wash them, then slice them and season them with nutmeg, ginger and cinnamon, and put them into the bottom of your Shells again, with a little butter, white wine and vinegar, and grated bread, let them be broyled on both sides; if they are sharp, they must have sugar added to them, for this fish is

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luscious and sweet naturally. There is therefore another proper way to broyl them, with Oyster liquor and gravy, with dissolved Anchovies, minced onyons and tyme, with the juice of a lemmon in it.

One of the dishes served at the table of Elizabeth, commonly called Joan Cromwel, the wife of the late Usurper.

To Fry

Marinate the scallops in well-seasoned oil and lemon-juice for half an hour. Take them out, drain and dry them. Dip them in flour, then egg-and-breadcrumb them and fry them in very hot fat until they are a delicate brown.

Au Gratin

Cook the scallops *very gently* in a little milk and butter for 5 minutes. Take them out and lay them in small china fireproof cases or on their own well-scrubbed shells.

Put a very little flour into the liquid in which they cooked, season it and pour it over the fish. Sprinkle with fine breadcrumbs and bake in a moderate oven for 10 minutes.

Miss Stanley.

Coquilles St. Jacques

Put sufficient wine in a saucepan to cover the scallops, allowing two for each person. Or use half milk, half water; or veal stock. Add the scallops and a very little salt. Bring the liquid slowly to the boil and then let it barely simmer for 5 minutes. (Scallops toughen if they are cooked too long.)

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Take out the fish, drain them and strain the liquid.

Cook a tablespoonful of finely chopped shallot or onion in butter for 10 minutes without letting it colour. To this, for four shells, add about 3 oz. of finely chopped mushrooms. Cook, very gently, for another 3 or 4 minutes. Add a gill of the liquid in which the scallops cooked and thicken the sauce with white *roux* (p. 184). Finish the sauce with a tablespoonful of thick cream and a few small pieces of butter. Whip well together off the fire.

Cut the scallops in dice, mix them with the seasoned sauce and pour into the buttered shells. Sprinkle with fine breadcrumbs, a few little pieces of butter and finish in a quick oven.

Grated cheese may be added to the breadcrumbs and the shells can be bordered with a roll of *duchesse* potato (p. 215).

LOBSTERS

TO PICKLE LOBSTERS

In case you are afraid your Lobsters will miscarry after they are boyled and that they will keep no longer, then take Fennel and bruise it in Vinegar, and salt thereto, and with a branch or two of Fennel, wash them between the carkaise and the tail and leave your branched Fennel under the tail, and set them down in a cold place, or a moister with salt ; but if you will be at so much charge, you may preserve them in the said pickle ; however you may preserve the meat for your use, the tail and claws being broke in the pickle aforesaid, and use them

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as a sallet. Thus must you preserve your Pranes, or Shrimps, or Crafish.

"The Whole Body of Cookery Dissected,"

William Rabisha, 1675.

Although there are some local restrictions, there is no legal close season, except in Scotland, where it runs from June 1st to September 1st. Supplies are short from December to March but improve in April, and continue abundant throughout the Summer, during which time lobsters are considered to be in their best condition.

A live lobster freshly boiled could be entirely eaten without harm to the eater. Beneath the outer shell of the body, however, are the lungs, a spongy substance of triangular pyramid shape; these rest between the inner framework and the outer shell, and are either in the lobster or outside its body, according as you determine. If these lungs (sometimes called "dead man's flesh") are not fresh they would doubtless be unwholesome, and can be so when the inner body and tail of the fish are quite good; in fact one is well advised to remove them, which you can easily do by lightly lifting the outer shell. When the lungs are quite fresh no harm can result from eating them, although certainly no one, except in ignorance, would ever think of eating them; they would, however, not be so indigestible as the harder, stringy fish of the body. It can be stated that all *within* the lobster is edible, the gills, or lungs beneath the outer shell being outside of the lobster itself.

From the "Fish Trade Diary and Year Book."

A PRETTY KETTLE OF FISH

Boiled

In a very useful little book, *Cent Façons d'Accomoder les Poissons*, by Mademoiselle Rose, the following directions for boiling lobsters and crawfish are given—

Tie up the claws and tail of a medium-weight lobster. Put into boiling water to which you have added salt and a very little vinegar, and let them boil, covered, for five minutes. Then let them barely simmer for twenty minutes. Take them out and put them into a pail of cold water, for a few minutes. Take them out again and renew the cold water and leave them entirely immersed for half an hour.

I have never boiled either lobster or langouste, but Mademoiselle Rose is so practical and well-informed that, if the horrid occasion arose, I would follow her advice to the letter.

It is said that the most humane way of killing a lobster is to put it, head foremost, into the water before it is very hot. This would seem to be proved by the fact that a lobster so immersed does not change its position.

If at the sea, cook lobsters in salt water.

À la Cardinal

Divide a large freshly-cooked lobster in half lengthwise. Remove the flesh, being very careful not to damage the shell. Cut the lobster meat into thin diagonal slices.

Make a lobster butter (p. 195), colouring it with the dried and pounded coral and mix this with a

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good béchamel sauce to which grated gruyère may be added. Finish the sauce with a tablespoonful or two of cream and pour a little of it into each half-shell. Then lay in the slices of lobster and cover them with the rest of the sauce. Sprinkle with cheese and tiny pieces of butter; heat and brown in a very quick oven.

Au Gratin

Remove the meat from a fine freshly-cooked lobster, taking care not to damage the shell. Cut it into small dice-shaped pieces.

Chop a small shallot very finely and put it in a pan with butter, sprinkle it with flour and let it brown lightly. Add a glass of wine and, if more liquid is required, a little water. Season rather highly. Simmer for 10 minutes, stirring all the time. Add the lobster dice and a heaping tablespoonful of grated Parmesan.

Put the lobster into its own shell or into scallop-shells and cover them with it. Sprinkle it with fine breadcrumbs and brown quickly under the grill or in a very hot oven.

À la Newburg

Cut up the lobster meat into pieces about an inch long. Take out the flesh from the claws and pound it. Add this to the rest.

Melt a heaped tablespoonful of butter in a pan. Into this, when it is hot, put peeled button mushrooms, or sliced larger ones. Let them simmer for a few minutes, add the lobster, cover the pan and simmer for 5 minutes longer. Then add a wine-

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glassful of good sherry or madeira and simmer again, very gently, for 5 minutes.

Beat up the yolk of 2 eggs, very lightly, with a gill of cream. Strain this over the lobster and mushrooms. Stand the pan in a *bain-marie* and, very gently, stir the contents until the sauce thickens. Serve at once, in a very hot dish.

It may be found easier to cook cream, eggs, and the liquid from the lobster together in a little sauce-pan standing in a *bain-marie* and then, when it has thickened and been well seasoned, to pour it over the lobster and mushrooms. Stir very gently together and serve instantly.

Lobster Patties

The little *vol-au-vent* cases for these patties can often be bought from a good Swiss or French *patissier*. Or the unbaked pastry from English bakers.

Cut the lobster into dice. Chop a few mushrooms and cook them in butter. Add both to a well-seasoned white sauce and fill the pastry cases with the mixture. Bake quickly.

In Scallop-shells

Cut the flesh of a freshly-cooked lobster into small dice. Extract the meat from the claws and pound it. Mix this with the rest.

To half a pound of lobster meat take rather less than quarter of a pound of mushrooms. Cook these in butter. Chop them.

Make a thin béchamel or white sauce, season it well, and add the mushrooms. Whip the yolk of

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an egg with a very little cream or milk, strain it and add it to the sauce. Heat in a *bain-marie*, stirring continually until the sauce thickens. Add the lobster meat, and stir lightly together. Fill buttered scallop-shells with the mixture, sprinkle them with breadcrumbs and a little melted butter and brown under the grill.

Lobster or Prawns in Jelly

Divide a cooked lobster into small pieces and having boiled 2 eggs for 15 minutes, shell them and cut them in sections lengthwise. Sprinkle these pieces with very finely chopped tarragon.

Warm some jelly until it is sufficiently fluid to pour. (It can be veal, chicken, or aspic.) Pour a little into the bottom of a mould or into small cases. Stand them on ice till the jelly sets. Then on this layer arrange the lobster and eggs. Cover with jelly and set on ice. Decorate with tarragon leaves.

Lobster Salad

A lobster mayonnaise is apt to be sodden unless it has been mixed a few minutes only before it is served. The freshest lettuce leaves should be used, and enough lobster mixed with them to avoid the impression that you are making the most of a very small thing.

Roll the slices of lobster in mayonnaise and cover the top of the salad with them, decorating them with sections of hard-boiled egg, lobster coral and capers. Fillets of anchovy are generally added but their crude, strong flavour is disastrous to the delicate lobster.

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A couple of heaped tablespoonsful of sliced lobster (cut diagonally), set on fresh lettuce leaves, covered with mayonnaise and decorated with coral, is a better way of making a salad. Hard-boiled eggs and slices of peeled tomato should be placed at the side of the lettuces, but not mixed with the fish.

MUSSELS

Mussels must not be eaten in May, June, or July.

Those who are sworn only to "eat British," should deprive themselves of this excellent shell fish, for the English mussel is too small and contains too much sand. The best come from Ostend—three times a week. A reliable fishmonger will provide them at their freshest.

To clean and cook

Mussels must be alive when you buy them. If the shell of any one of them gapes—even by a knife's breadth, the fish inside is dead and should be thrown away. If, however, on tapping the shell sharply with the handle of a knife or any hard substance, it closes, the mussel is alive.

As mussels are cooked in their shells these must be scrupulously cleaned.

Take up one shell at a time and after cleaning away the filaments round the opening of it, scrape it well, using a strong knife. As you finish each mussel, lay it in a basin, without water. When all are done take a hard scrubbing brush and scrub

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the shells with water. Wash them in several waters.

Suspicion attaches to any mussel that is noticeably heavy. In all probability it contains mud or sand. It should be opened and investigated.

Mussels must be cooked in a very wide pan so that it is easy to see when they open—which will not be all at the same time. If you have no pan large enough, cook them in two or three lots.

All the shells should have opened at the end of 5 or 6 minutes. Do not let them cook any longer or they will toughen.

For use in sauces, let the mussels open in a pan containing a little water set over gentle heat.

Marinières

Put butter the size of a hazel nut, a chopped shallot, chopped parsley and the green ends of celery coarsely chopped, mignonette pepper and a glass of very dry white wine in a casserole.

Put the mussels in the pan, and over a very quick fire toss them several times until they open. Take them out with a skimmer and put them into a deep covered dish.

Reduce the liquid in the pan until almost nothing remains, then pour in 2 tablespoons of double cream. When this boils, take the pan off the fire and add butter the size of an egg. Pour this sauce over the mussels and sprinkle them with finely chopped parsley.

“*Les Trois Couronnes*,” Rouen, Marcel Dorin.

A PRETTY KETTLE OF FISH

A la Poulette

Scrape and clean the mussels very carefully. Wash them in several waters.

Put them in a saucepan without any water, but with thyme, a bay leaf and an onion well minced. Put the pan over gentle heat and watch it for the mussel shells to open.

Melt butter in another pan, strain on to it the water from the mussels, season and add a little lemon-juice. Bring to the boil, skim, reduce the heat and thicken with the yolk of an egg (p. 188). Add finely chopped parsley.

Take the upper shells off the mussels and pile them up in a deep bowl. Pour the sauce over them.

OYSTERS

AN OYSTER PYE

Take about a quart of oysters and take off ye black fins and wash 'em clean and blanch 'em and Drayn the Liquor from them ; then take a quarter of a pound of fresh butter and a minced anchovie and two spoonfulls of Grated bread, and a spoonful of minced Parsly, and a little pepper, and a little grated Nuttmeg, no Salt (for ye anchovie is salt enough). Squeeze these into a lump, then line your Patepan with good cold crust, but not flacky, and put one half of your mix'd Butter and anchovie, &c. at the bottom ; then lay your oysters, two or three thick at most ; then put to 'em ye other half of ye mixed Butter and anchovie &c. and pick some grayns of Lemon on ye top (and some youlks of hard egg if you like 'em). Put

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in 2 or 3 spoonfulls of ye oyster liquor and close it with ye Crust which should be a good deal higher than ye oyster to keep in the Liquor. Bake it, and when it comes out of the oven cut up the Lid, and have ready a little oyster Lyquor and Lemon juce stew'd together, and pour it in and cut ye lidd in Peices and lay round it.

Anne Blencowe's "Receipt Book," 1694.

OYSTERS IN SCALLOP SHELLS

Take a saucepan and put a piece of butter in it, with chopped parsley and chives, truffles too, if you have them. Stir over the fire for a few moments, then add the oysters. Season with ground pepper, fresh herbs, and spice, then pour into the shells (silver ones if you have them). Sprinkle with bread crumbs and little pieces of butter. Let them colour in the oven, and when they have taken on a fine shade, place them on a dish, and serve them with lemon.

"Cuisine Moderne," Vincent La Chapelle, 1733.

OYSTER LOAVES

Make a round hole at the tops of some little round loaves, and scrape out all the crumb. Put some oysters into a tossing-pan, with the oyster liquor, and the crumbs that were taken out of the loaves, and a large piece of butter. Stew them together for five or six minutes; then put in a spoonful of good cream, and fill your loaves. Then lay the bit of crust carefully on the top again, and put them in the oven to crisp.

"The London Art of Cookery," John Farley, 1787.

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Shell fish and the oyster above all, have long been esteemed highly restorative, and easy of digestion ; they are therefore recommended for the food of the delicate and declining, and for those whose digestive powers have been impaired by excess. When eaten for health, an oyster is best swallowed with its own liquor the moment the shell is opened ; or, if found too cold for the stomach, a sprinkling of black pepper may be allowed. Vinegar counteracts the effect of eating oysters to enrich the blood or render it more balsamic, and ought therefore to be avoided by the declining.

As there are no resonable bounds to oyster-eating, it may be useful to notice that when too many of these are swallowed, the unpleasant feeling created may be removed by drinking half a pint of hot milk. Consumptive persons are recommended to use hot milk after their oysters at all times—we cannot tell why.

Meg Dods' "Cook and Housewife's Manual."

Chaucer's begging monks mortified themselves upon this mean food.

Natives are in season from August 4 to May 14 ; Deep Sea from August 4 to June 14. Foreign, direct or relaid, may be sold all the year round. Natives are in best condition from October to May ; Foreign Flat-shell Oysters, replanted in England, from October to July ; relaid Portuguese and Americans, June to October.

Since oysters have become an expensive luxury in this country, and Englishmen and women prefer them in their natural state, I give five recipes only for their cooking. Oyster loaves (or rolls) des-

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cribed by John Farley above might give a pleasant surprise to all but cold-oyster fanatics.

To serve Au Naturel

Place the opened oysters in the *deep* halves of their shells around finely chopped ice. After having carefully removed any small splinters, every drop of the liquid should be preserved in the shells.

With the oysters serve quarters of lemon, red and white pepper (in a mill) and thin slices of brown bread and butter, or very thin buttered oat-cakes.

It is usual to serve Chablis with oysters; it should not be too dry. Stout is a better drink, especially if it is poured into small tankards.

Grilled

Open, clean and beard the oysters, carefully straining their liquid into a bowl.

Put the oysters back into the well-washed shells. Pour a little of the liquid over each. Set a tiny piece of butter on each oyster, sprinkle with very finely chopped parsley and a very little salt and pepper.

Set on a grill and cook gently. As soon as the liquid boils, take them out and serve at once with quarters of lemon.

In the same way oysters may be baked in the oven.

Fried

Trim the oysters and put them into salted boiling water. Simmer as gently as possible for 2 minutes.

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Drain and dry them and dip them in a good batter (p. 30).

Fry in very hot oil. Serve instantly with quarters of lemon and slices of brown bread and butter or oatmeal cakes. Or in the American way dip the oysters in finely-crushed biscuit crumbs then in seasoned egg (p. 25) and again in biscuit crumbs.

À la Poulette

Prepare the oysters, straining the liquid from them—every drop of it—through muslin into a saucepan. Heat it and put the oysters in it. Simmer them as gently as possible until plump. Take them out of the liquid with a skimmer. Thicken the liquid with the yolk of an egg which has been lightly beaten up with cream and strained. Be very careful that the sauce does not boil. At the last moment add, in small quantities, a dessert-spoonful of butter, whisking the sauce hard as you do so. Pour it over the oysters and serve at once.

With Mornay Sauce

Prepare and cook the oysters very gently till they are plump in a little water.

Add the liquid strained off from each shell to a rich Mornay sauce made with grated Parmesan. Season well.

Put the oysters back into the deeper halves of their shells, cover them with sauce, sprinkle a very few of the finest breadcrumbs, and tiny pieces of butter on them. Brown under a grill.

The well-beaten yolk and the stiffly-whipped

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white of an egg can be added to the sauce, giving a soufflé mixture. These must be baked.

Baked

In a very hot fireproof dish melt a tablespoonful of butter and add the well-drained oysters, saving the liquor. Cook till plump in a quick oven. Heat the liquor—adding to it what there is in the pan and season it. Pour this over rounds of toast and put on each 3 or 4 oysters sprinkled with chopped parsley and lemon-juice.

And one more—to shock by its extravagance :

Gratin of Oysters and Mushrooms

Put a pound of mushrooms—they must be small and white—in a pan with 4 tablespoonsful of thick cream and a glass of port wine. Cook gently for 7 or 8 minutes over the lowest heat. Add to this a tablespoonful of Mornay sauce, a dessertspoonful of *fôie gras* and a few small pieces of butter. When the sauce is well mixed and unctuous, it is ready. Pour it into a flat fireproof dish.

Cook 3 dozen oysters in a quantity of white wine equal to their own juice for 3 or 4 minutes. Drain the oysters and place them over the mushrooms. Cover them with a sauce made of the liquid in which they cooked to which a little Mornay sauce has been added. Sprinkle with a little very finely grated fresh Parmesan, brown quickly under the grill or a salamander, and serve at once.

Francis Carton, Restaurant Lucas, Paris.

A PRETTY KETTLE OF FISH

PRAWNS

The best supplies of prawns come in spring and in the autumn, but they may be bought all the year round.

Croustades of Prawns

Buy the smallest rolls you can find. Cut a slice off the top of each and scoop out the crumb. Brush them inside and out with melted butter. Crisp and brown them lightly in a quick oven.

Make a fairly thick sauce with milk, fish stock and white *roux* (p. 184). To it add the prawns and seasoning. Simmer gently for a minute or two.

Beat up a yolk of an egg with 2 tablespoons of cream. Add this to the sauce and stand the pan in a *bain-marie*. Test the seasoning and stir till the sauce thickens. Pour the mixture into the hot rolls and serve quickly.

A Mornay sauce may be used instead of a white one.

Curried Prawns

1. Cook a heaping tablespoonful of butter with one of very finely chopped onion. When the onion has coloured slightly add a little veal stock, or milk, with which you have mixed a dessertspoonful of flour. Stir well together. Add a dessertspoonful of curry powder and cook very gently for 15 minutes. Sprinkle with a few drops of lemon.

Have ready a number of china cases. At the bottom of each lay a spoonful of seasoned rice

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(p. 39). Cover with the prawn mixture and finish with the rice.

2. Fry 2 tablespoonsful of the best curry powder in butter. Put this into a saucepan together with 1 tablespoonful each of anchovy, Worcester and tomato sauce. Add the milk of a cocoanut and simmer gently until the curry powder is thoroughly cooked.

Cook the prawns very gently in a little hot butter, then add them to the sauce. If more liquid is required, add a little milk.

Throughout the very slow cooking of this dish the mixture must be continually stirred.

Serve with boiled rice (p. 39).

If tinned prawns are used soak them in cold water for an hour or so.

Mrs. Cortland Anderson.

Prawns in Jelly

See *Lobster in Jelly* (p. 157).

Prawn Salad

Mix the prawns with a highly-flavoured mayonnaise, or remoulade sauce. Serve them on crisp lettuce-leaves, and over them sprinkle the yolk of a hard-boiled egg which has been put through a sieve, and a few finely-chopped capers.

Prawn Soufflés

Take a tablespoonful of prawn-butter (p. 195) and add it to a cupful of well-seasoned and flavoured white sauce made with half milk, half fish stock.

Pound the flesh of some 2 dozen prawns in a

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mortar, moistening them with a little of the sauce. Add this to the rest of the sauce. Beat up the yolks of 2 eggs with a tablespoonful of cream. See that the seasoning is right. Whip the whites very stiffly and add them to the mixture just before you are ready to bake (p. 38). Pour into small paper or china cases and bake in a moderate oven for about 10 minutes.

Trout, lobster, crayfish and Dublin prawns can be used in the same way.

In vol-au-vent cases

The prawns can be added to a good Mornay or béchamel sauce, or may be cooked as directed above for croustades. Heat the required number of *vol-au-vent* cases in the oven, pour the hot mixture into them and serve at once.

See also *Savouries* and *Hors-d'Œuvre*.

SHRIMPS

HOW TO FUGACY SHRIMPS, PERIWINKLES, PRANES, CRAWFISH

To these you must put a little Claret wine, an onion or two cut in pieces, a couple or two of anchovies, a Faggot of Sweet herbs; strew them or anyone of them up together with a little Ginger and Nutmeg; toss them up with yolk of an egg, a little Vinegar and drawn butter; you may put them into little

SHELL FISH.*

Coffins, like Hearts or Diamonds, to garnish a Bisk or Olue ; otherwise to be dished upon sippets.

“ The Whole Body of Cookery Dissected,”

William Rabisha, 1675.

The fishing is open all the year. During the winter months supplies of brown and pink shrimps are scarce, and prices at their highest. The brown shrimp becomes more abundant from March to November ; the pink from May to November. Both are in best condition during summer.

Shrimp Omelet

This omelet must be made with freshly cooked shrimps, those that are preserved in salt by a fish-monger are useless. Put butter in a pan and when it sizzles add the shelled shrimps. Sprinkle a little red pepper on them. Turn them over a few times and then add them to beaten seasoned eggs and make an omelet.

Shrimp Croquettes

Melt 2 oz. of very fresh butter in a saucepan. Add a tablespoonful of finely chopped onion. Let this cook gently, but do not let it brown. Then add 2 oz. of sieved flour and simmer again, without colouring. Add rather less than a pint of cold milk.

Stir first with a spoon and then use a small whisk ; whip until the sauce boils and thickens.

Take the saucepan off the fire, stirring all the time, and add 6 yolks of egg, a tablespoonful of

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chopped parsley, salt, pepper, and then 2 big handfuls of freshly shelled shrimps. Mix all together and pour out on to a floured slab or board to divide when cold into little heaps—all of the same size. Flour your hands, and give each piece the shape of a cork. Dip these into beaten egg, roll them (being very careful not to spoil their shape) in breadcrumbs and fry them in plenty of boiling oil. When they are golden, take them out carefully and serve them at once, very hot and very crisp.

“*La Gourmandise à Bon Marché*,”

Paul Bouillard (*Albin Michel*).

Shrimp Soufflés. See *Prawn Soufflés* (p. 167).

See also *Savouries* (pp. 205-9).

NOTE.—When fish must be kept hot while a sauce is finished, do not put it in the oven. Place the dish containing it over a saucepan of gently boiling water.

Stuffings for Fish

With Anchovies

POUND an anchovy which has soaked for 2 hours in water. Press through a sieve. Add this to half a cupful of panada (p. 172). Stir in chopped parsley, seasoning and melted butter to bind the mixture. Season well.

With Capers

Thoroughly mix a small cupful of fine bread-crumbs, a little chopped shallot, a tablespoonful of crushed capers, finely chopped parsley, a tablespoonful of melted butter and seasoning.

Celery Stuffing

Parboil some celery in milk and water. Drain it, chop it finely, and add to it its bulk in a panada (p. 172), together with finely chopped parsley and chervil. Season well and bind with the yolk of an egg.

With Herbs

Chop a dessertspoonful of parsley. Add it to a wineglassful of bread crumbs, together with half a teaspoonful of dried herbs. Season well. Melt a

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tablespoonful of butter and stir it in. Bind with the yolk of an egg. A little grated shallot may be added, and a few drops of lemon-juice.

With Mushrooms

Cook 3 oz. of finely chopped mushrooms with a teaspoonful of chopped shallots in butter. Drain them and, with a teaspoonful of chopped green herbs, add them to a small cupful of breadcrumbs and a little melted butter.

The mixture may be bound with an egg. A crushed and sieved roe can also be added.

With Shrimps

A stuffing can be made of shrimps, panada (see below) seasoning, chopped herbs and melted butter.

See also stuffing for Bream (p. 48).

Panada

Panada is made of breadcrumbs soaked in seasoned milk. All of it that is not absorbed must be pressed out.

Garnishes for Cold Fish

VERY thin *barquettes* of pastry filled at the last moment with a macedoine of vegetables and mayonnaise.

Thin slices of cucumber crushed, laid on small lettuce-leaves and covered with shrimps mixed with cream, seasoning and a little lemon-juice.

Lengths of peeled cucumber with the seeds scooped out and the hollows filled with a cream of fish or with a macedoine of vegetable and mayonnaise (p. 192).

Darioles of tomato mousse or jelly (pp. 222, 223).

Hard-boiled eggs cut in half with their yolks mixed with anchovy butter (p. 195).

Hard-boiled eggs cut in half, their yolks removed and replaced by caviar. These should be served iced.

Slices of lemon from which the skin and rind have been removed, sprinkled with very finely chopped parsley.

Slices of lemon prepared as above alternating with black olives, shrimps and small fillets of anchovy.

Macedoine of vegetables with mayonnaise. The

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macedoine can be stiffened with gelatine and shaped in dariole moulds (p. 226).

Spinach creams made in small moulds.

Tomato mousse (p. 223) or jellies (p. 222).

GARNISHES FOR HOT FISH

Artichoke bottoms (p. 218).

Cauliflower balls (p. 218).

Stuffed cucumber (p. 219).

Slices of lemon from which the skin and rind have been taken, sprinkled with finely chopped parsley.

Fried parsley (p. 220).

Quenelles of spinach (p. 222).

Quenelles of whiting (p. 36).

Soft roes on toast (p. 208).

Ways of Using Cooked Fish

Creamed and Browned

SEPARATE cooked fish from all bones and skin and flake it. Mix with it a good white béchamel or Mornay sauce. See that the seasoning is right and pour into a buttered fireproof dish. Heat and brown in a quick oven.

Breadcrumbs and cheese may be sprinkled on the fish, but I do not think they are necessary. The essential is that there should be an abundance of good, smooth sauce. Shrimps, or mushrooms which have been cooked in a little butter may be added.

Croquettes of Fish

Croquettes can be made of lobster, salmon, turbot, whiting, fresh haddock, brill and other fish.

Make a white sauce and cook it gently until it is thickened and reduced. For 4 oz. of fish you will need about a claret-glassful (a gill) of sauce.

Mix fish and sauce together, adding the sauce slowly. The mixture must never become too soft to handle. Season well.

Let the mixture become quite cold before you

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attempt to shape it on a floured board. Roll it out and cut it into squares. Roll these in your floured hands into cork-shaped pieces. Or shape them cutletwise, flattening them with a knife dipped in flour.

Egg-and-breadcrumb (p. 25) the croquettes at the last moment before frying them.

Fry in very hot fat, drain well and set on a cloth in the oven so that any excess of fat may be absorbed. Turn them once.

Chopped mushrooms sautéed in butter will add to the flavour of the croquettes. Shrimps may be used. These should be freshly shelled.

Curried Fish

Chop sufficient onion very finely to fill a tablespoon. Crush it. Melt an ounce of butter in a saucepan and when it is very hot, add the onion. Cook until it has browned—but not blackened. Then sprinkle over it a teaspoonful of curry powder, and one of flour. Mix thoroughly. Add half a pint of good fish stock (p. 39), half a small sour apple finely chopped, a little salt and a small lump of sugar. Simmer very gently for half an hour. Add fish broken up into pieces and freed from all bone and skin. As soon as it has heated, sprinkle over it a little lemon-juice and serve at once.

A dessertspoonful of grated cocoanut, a little chopped chutney, or a coffee-spoonful of crushed green ginger may also be added after the onions have browned.

See also recipe given under Prawns (p. 166).

WAYS OF USING COOKED FISH

Kedgerie

Put quarter of a pound of rice into boiling water and cook it fast till the grains are soft (p. 39). Strain off all the water and return it to the saucepan, shaking it continually over gentle heat till the grains are quite dry.

Flake salmon or other fish very finely, season it with pepper and salt.

Chop 2 hard-boiled eggs.

Melt 3 oz. of butter and add it to the rice with the fish and eggs. Stir gently, sprinkle with chopped parsley and serve immediately.

Mrs. Hewson.

Or: Add quarter of a pint of a good white or béchamel sauce to the mixture and omit the butter.

Mousse of Fish

1. Take a pound of fish—salmon, turbot, brill, sole, etc. Remove all skin and bones and pound it in a mortar together with 4 oz. of fresh butter.

To this purée add half a pint of béchamel sauce (a white sauce has not sufficient flavour) in which an ounce of gelatine has been dissolved (p. 33). Put through a fine sieve.

Stir in a good half pint of very lightly whipped cream. Season well, put into a mould and set on ice.

Serve with a very delicate lettuce salad.

2. Take half a pound of sole, whiting, salmon or other fish. Flake and chop it finely. Put it through a fine sieve together with an ounce of slightly

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melted butter. Then add to it 2 heaping table-spoonsful of very rich white béchamel sauce. Measure the mixture and add the required quantity of isinglass (p. 177)—remembering that cream has to be added. Season well.

Take half as much cream as you have fish mixture. Whip it lightly for a minute only. Mix all together, see that the seasoning is right, pour a mould and stir it gently from time to time till it begins to set. Serve well iced, with a delicate green salad.

Fish Pancakes

Pound a little white fish, whiting is best, season it and add it to a pancake batter (p. 31). Make very small pancakes and serve them the moment they are made.

Fish in Pancakes

Flake sufficient fish, turbot, brill, lobster, to fill a cup. Mix it with a thick smooth white sauce. Add cooked chopped mushrooms. Season well.

Make the pancakes (p. 31) and spread them with the mixture. Roll them up, cover them with Mornay sauce, and heat in a hot oven for a moment or two before serving.

Salmon Pie (An old recipe from the Auvergne)

Take a small slice of cooked salmon, and together with a few mushrooms which have been cooked in butter, work it through a fine sieve. To this add the best fresh butter, a little cream and seasoning. Work well together till you have a firm paste.

Spread this paste on a round of good pastry.

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Over it place small fillets of cooked salmon. Sprinkle with salt and pepper and some tiny pieces of butter. Cover with another round of pastry and bake in a good oven for about half an hour.

Fish Pie in the English Way

Free the cooked fish from all skin and bones. Mix it with plenty of good white sauce. See that the seasoning is right. Put in a buttered fireproof dish.

Make a very light purée of potatoes (p. 217) and spread it over the fish. Heat and brown in the oven.

A Mornay sauce may be used instead of a white sauce. Mushrooms, shredded lobster or shrimps can be included.

This pie is excellent if enough sauce is used and the purée has been whipped into lightness.

Potatoes en Surprise

Bake a number of well-matched large potatoes. Cut a slice off the top of each lengthwise. Remove the contents and mix it with a little good white sauce, some pounded fish, grated gruyère and seasoning. Beat well together, and fill the potato skins with the mixture, sprinkle with cheese and tiny pieces of butter and brown in the oven, or under the grill.

Fish Pudding Baked

Take a pound of fish that has been separated from skin and bones and pound it in a mortar. Rub it through a sieve.

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Make a *roux* of 2 level tablespoonsful of butter and 1 of flour (p. 184). Add to it a gill of milk. When this sauce is well mixed and perfectly smooth, add the fish. Stir together, then take off the fire. Season.

Beat 2 eggs and add them to the fish when it has cooled a little. Stir well together. Season carefully.

Butter a mould, sprinkle it with breadcrumbs, and pour in the mixture. Cover it with greased paper, and bake in a moderate oven. Turn it out of the mould and serve with a good béchamel sauce.

A lighter form of this pudding is made by adding to the fish a couple of tablespoonsful of fine white breadcrumbs, 2 tablespoonsful of cream and, just before putting the mixture into the oven, the stiffly-beaten whites of 2 or 3 eggs (p. 37). It can be flavoured with a few drops of onion, 1 tablespoonful of tomato juice, a pinch of curry and a pinch of sugar. Do not cover the mould.

Fish Cooked with Rice (Cod, turbot, halibut, etc.)

Skin, bone and flake a pound of cooked fish and mix with it a good white sauce seasoned with a little dry mustard.

Chop very finely a heaping tablespoonful of onion. Brown it lightly in butter. Stir in a cupful of cooked unpolished Patna rice (p. 39) and a coffee-spoonful of curry powder. Add stock and simmer till the rice is cooked, then mix with the fish and sauce.

Line a fireproof dish with a very light purée of

WAYS OF USING COOKED FISH

potatoes (p. 217). Fill it with the mixture and brown it in the oven.

Fish with a Border of Savoury Rice

Chop a small onion and brown it lightly in butter. To it put 3 oz. of rice. Cook very gently for 5 minutes, stirring all the time, but do not let the rice colour. Add good stock and a bouquet tied up with a few sticks of celery.

Cover the pan and set it in a moderate oven to cook until the rice is tender. Pour off any stock that has not been absorbed. Then add 2 oz. of chopped mushrooms which have been cooked in butter. Season well and stir in a heaped tablespoonful of grated cheese.

Fill the outer part of a well-buttered mould with a hollow centre with the rice, pressing it firmly down. Cover the mould with greased paper and let it stand in a moderate oven for another 10 minutes.

Turn it out carefully on a very hot plate and fill the centre with fish that has been flaked and mixed with a rich sauce.

Fish in Scallop-shells

Butter the edges of the shells and make a border of *duchesse* potato (p. 215).

Flake the fish and add it to a béchamel, Mornay or white sauce to which have been added a few mushrooms chopped and cooked in butter.

Fill the shells, sprinkle them with fine bread-crumbs and small pieces of butter, and heat and brown in a quick oven.

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Fish Soufflé (Turbot, whiting, brill, Salmon)

Mix a cupful of pounded fish with one of white sauce. Add the yolks of 2 eggs beaten up with a little milk and strained. Season well, and when you are ready to bake the soufflé, whip up the whites of 3 eggs until they are very stiff and cut them into the mixture (p. 37).

This soufflé will be richer and more pleasing if béchamel is substituted for white sauce, and cream for milk. 2 oz. of mushrooms which have been chopped and cooked in butter may be added. Mussels (p. 158) also can be used. Bake in a buttered soufflé dish for about 25 minutes.

A Mornay sauce may be used instead of a white sauce.

A Simple Fish Soufflé with Potato

Make a purée of potatoes (p. 217). To it add almost twice its weight of very finely-chopped cooked fish. Season well. Stir in two-pennyworth of cream.

Beat up the white of 2 eggs till stiff and stir it lightly into the mixture. Bake in a buttered soufflé or other fireproof dish for 20 minutes.

Sauces and Savoury Butters

SAUCES

GENERAL RECOMMENDATIONS

IN making sauces use, when it is required, the mildest wine-vinegar you can find. Lemon can often be substituted for it.

Olive oil, when used, should be of the best quality, and this cannot be bought at every grocer's shop.

For cooking sauces, small copper pans are best : they do not burn easily. If aluminium saucepans are used they must be of heavy make and very good quality.

A *bain-marie* is essential in making many delicate sauces that have to be simmered for some time at barely boiling-point. It is unnecessary to buy an expensive copper outfit, such as a *chef* would need. All that is required is a shallow pan holding hot water in which to place small saucepans containing sauces which would burn if they were in direct contact with a flame.

The final addition of butter to a sauce should be made at the last moment, off the fire.

Most sauces are lighter if they are beaten briskly

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with a whisk before serving. The preliminary stirring must be done with a wooden spoon, since a whisk will not work into the corners of a saucepan.

Sauces served with fish should never be very thick.

To Thicken Sauces with Flour

Both time and anxiety will be saved if a small stock of white and of lightly browned *roux* is made and kept in earthenware pots.

Melt quarter of a pound of clarified butter in a saucepan. When it is hot, add the same quantity of sieved flour (ordinary flour, or corn-flour or potato-flour). Work well together and cook gently, stirring all the time, for 10 minutes. This will give what is called white *roux*. To make a brown *roux* the mixture must be cooked until it is the colour of *café-au-lait*.

A tablespoonful of *roux* will thicken half a pint of liquid, but this rule is not one to be blindly followed. Add the *roux* a little at a time until the sauce has thickened sufficiently.

When you are ready to make a sauce, heat the *roux* very gently, stirring it all the time. Take it off the fire and slowly, stirring hard, add hot milk or stock. Set back over gentle heat, stir for a minute or two with a spoon, then use a whisk.

Sauces may be thickened with either of the flours mentioned above, and the butter added separately.

Mix the flour with a little cold milk or stock, or other liquid, until you have a perfectly smooth paste. Pour this slowly into the hot sauce and cook for at least 8 minutes, stirring continually. Flour

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cooked for a shorter time will retain its unpleasant raw flavour. A dessertspoonful of flour will be needed, more or less, to thicken half a pint."

SAUCES THICKENED WITH FLOUR

White Sauce

Have ready the required amount of boiling milk and thicken it in one of the ways explained above. Season it well and, if the flavour is liked, add a pinch of nutmeg.

If the sauce must be kept waiting, put a few tiny pieces of butter on top of it to prevent a skin forming. Whip them well in before serving.

Mornay Sauce

Make a white sauce and to half a pint of it add 2 heaping tablespoonsful of grated gruyère, or a mixture of grated Parmesan and gruyère. Season carefully. Less salt will be required than for a plain white sauce. Whip in a few small pieces of butter before serving.

Béchamel Sauce

This sauce gives trouble and so will not be popular: but in flavour it is infinitely superior to the ordinary white variety.

Make a white sauce as directed above.

Chop a carrot (a small one) part of an onion, and some mushroom stalks and parings. Put all these in a saucepan with a little butter. Let them simmer gently for 10 minutes, but do not let them colour.

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Add them to the white sauce, let it come to the boil and simmer for 10 minutes in a *bain-marie* (p. 183). Then put the sauce through a fine sieve *without pulping the vegetables*. Heat it again, whisking it continually, season, add small pieces of butter and serve at once.

Cream and a little lemon-juice can be added to this sauce at the last moment.

Caper Sauce

Add, just before serving, to a half-pint of white sauce, 1 heaping tablespoonful of capers.

Cucumber Sauce

Peel a cucumber, cut it in slices and lay these on a sieve. Sprinkle them with salt and leave them for an hour. Pour cold water through them to remove the salt, then simmer them for a few minutes in boiling water. Add them to a white or béchamel sauce.

Egg Sauce

Boil 1 or 2 eggs for 15 minutes. When they have cooled, shell them and chop them and add them to a white sauce. Be sure that it is well seasoned.

Green Sauce

Make a white or béchamel sauce (p. 185). Colour it with the mixture described on page 34. Just before serving take it off the fire and whip in a few small pieces of butter and, if it is to be very good, a tablespoonful of cream. Very finely chopped parsley or green herbs may also be added.

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Mushroom Sauce

Cut off the ends of the mushroom stalks. Peel and wash the mushrooms carefully and dry them thoroughly in a cloth. Chop rather coarsely.

Put plenty of butter in a small frying-pan. When it is very hot add the mushrooms together with a pinch of finely chopped shallot. Cook them quickly over a strong flame. Directly they have browned a little pour off the butter (keeping it to use in flavouring a fish sauce) and add them to a white sauce. Stir well over gentle heat, and simmer for 10 minutes. Add a touch of butter, whisk well and serve at once.

Mustard Sauce

This sauce can be made by adding dry mustard and a little vinegar to a white sauce.

Or: Take 2 tablespoonsful of melted clarified butter (p. 32), one of white wine, and mustard to your taste. Whip well together over gentle heat, but do not allow the mixture to boil.

See also under *Herrings*, page 73.

Shrimp Sauce

Make a good white sauce. Season well, adding a touch of cayenne. Add the shelled shrimps.

If this sauce is to be used with a delicate fish, such as sole or turbot, it will be greatly improved by the addition of a dessertspoonful of shrimp butter (p. 195). This should be added in small pieces to the hot sauce off the fire. A tablespoonful of cream will give it further excellence.

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Sorrel Sauce

Add a tablespoonful of sorrel purée (p. 220) to a white sauce. Stir well together and add a little butter after you have taken it off the fire.

SAUCES THICKENED WITH THE YOLKS OF EGGS

Hollandaise Sauce

Recipes for this very excellent sauce vary greatly. Some are so complicated that they would frighten any but a highly-trained cook.

Whichever recipe is used it is essential that the sauce be cooked not a minute before it is necessary. And while it is being made it will require all the attention of the cook.

Into a thick saucepan put a dessertspoonful of good white wine-vinegar. Boil it until you have a bare teaspoonful left. Allow it to cool.

Melt a dessertspoonful of butter in a pan, but do not let it get hot. Add the vinegar and stir well together. Beat up the yolks of 2 eggs with a spoonful of water. Strain them slowly into the pan, beating continuously. Set the pan in a *bain-marie* (p. 183) and whip steadily until the mixture begins to thicken. Then, a small piece at a time, add at least 3 oz. of butter. During this process add (twice) a few drops of cold water. Season and serve at once.

Another Recipe

Put a heaped tablespoonful of fresh clarified butter into a saucepan standing in a *bain-marie*

SAUCES AND SAVOURY BUTTERS

(p. 183). Beat up the yolks of 2 eggs with a teaspoonful of cold water. Strain them into the saucepan, beating all the time. When the mixture begins to thicken, add butter in small pieces until you have the desired quantity of sauce. Then add lemon juice and seasoning.

Béarnaise Sauce

This is a hollandaise sauce (p. 188), to which herbs and chopped shallot are added.

Put very finely chopped shallot, chives and tarragon into the vinegar and let them cook with it until it has been reduced to the required amount. Strain the vinegar, pressing down the herbs so that their flavour is extracted.

Put the vinegar in a saucepan and add the yolks of 3 eggs which have been lightly beaten up with a very little water and strained. Stir well and add, a small piece at a time, 3 oz. of melted butter. Cook very gently in a *bain-marie*, beating continually until you have a thick sauce. Add a little finely-chopped chervil and tarragon. Serve at once.

Sour Cream Sauce

Take sour cream and half its weight in melted butter. Heat it gently in a saucepan standing in a *bain-marie* (p. 183). Add the yolk of an egg which has been beaten up with a tablespoonful of cold water and strained. Whip continuously until the sauce thickens. Season and serve at once.

Recipes for sauces made with the stock, or stock and wine, in which fish are cooked, are given under the various fish.

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OTHER HOT SAUCES

Black Butter

Put a tablespoonful of good wine-vinegar in a saucepan, with a pinch of salt, a few pepper-grains and a bay leaf. Reduce this to half its original quantity.

In another pan put 2 oz. of butter. Let it melt slowly and then, watching it carefully, let it cook until it is a deep brown. It must not be allowed to burn.

Strain the vinegar, heat it again and then very gently add the butter to it. Let it cook for a minute or two, add a few capers and serve at once.

To this sauce fried parsley (p. 220) can be added.

Melted Butter

This sauce should be made of clarified butter, otherwise the butter while heating must be carefully skimmed of all froth. It must not be allowed to boil. Add to it seasoning, a little finely chopped parsley and lemon-juice.

Noisette Butter

Put clarified butter into a small saucepan. Let it heat very gently and the moment it turns light brown and gives out a pleasant nutty smell, take it off the fire and serve at once.

Gooseberry Sauce. See under Mackerel (p. 81).

SAUCES AND SAVOURY BUTTERS

Normandy Sauce or Butter

Melt 3 level tablespoonsful of clarified butter in a small saucepan just a moment before the fish is to be served. When it is hot add 2 tablespoonsful of cream. Whip until the sauce froths. Add seasoning and a little lemon-juice. This sauce, which I have never seen in England, is one of the simplest and the best to accompany boiled fish.

Shallot Sauce

Chop 6 small shallots and put them in a pan with a tablespoonful of butter and a dessertspoonful of sifted flour. Stir together until the mixture browns. Then add fish stock and a bouquet (p. 31). Simmer for at least 20 minutes. Strain. This is a good sauce to serve with bream.

Tomato Sauce

Put a heaping tablespoonful of butter in a pan and, when it is hot, add a tablespoonful of chopped onion. Let it colour lightly. Skin half a dozen tomatoes which have been dipped in boiling water. Cut them in half and squeeze out the seeds. Add them to the onion and let them simmer for a few minutes very gently. Then add sufficient water or meat stock to make a sauce, and a small bouquet (p. 31). When the tomatoes are tender put all through a fine sieve. Pour back into a clean saucepan and thicken with *roux*. Season carefully.

The addition of a little carrot, celery and a coffee-spoonful of sugar greatly improves this sauce.

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COLD SAUCES

Mayonnaise

The oil used in making a mayonnaise must be of the best quality. It should not be quite cold : in fact, like claret it should be of the temperature of the room.

The difficulty of dropping oil very slowly but steadily can be overcome by making a shallow slot in the cork of the bottle—from end to end of it. It must be replaced very firmly in the bottle.

An ordinary whisk, or a wooden spoon, will be needed.

To make about half a pint of mayonnaise put two yolks, from which you have detached the germs, into a bowl with a dessertspoonful of white wine-vinegar, or the same amount of lemon-juice, salt and pepper. Stir these gently together until the yolks are well mixed with the vinegar. Then add the oil, drop by drop, stirring steadily, but not too fast—and in any direction—until the sauce becomes very thick. From this point on the oil can be added in a steady but thin stream, and the beating may be faster. Add more vinegar, also in small quantities, and see that the mayonnaise is rightly seasoned.

On one point French cooks differ. Some add a dessertspoonful of cold water to the sauce when it has become very thick. Others recommend the addition of a dessertspoonful of boiling water—to prevent curdling.

Should the mayonnaise curdle, proceed as follows : into a clean bowl put the yolk of an egg,

SAUCES AND SAVOURY BUTTERS

beat it lightly and then, very slowly, add the curdled sauce to it, beating all the time.

Mayonnaise should not be kept on ice, or it may liquefy.

Asparagus Mayonnaise

Cook asparagus. Cut off the tender ends and while hot put them through a sieve. When the purée is cold whip it lightly into the mayonnaise.

Green Mayonnaise

To a mayonnaise, just before serving, add sufficient green colouring (p. 34) to give it the required shade.

A thin purée of peas (they need not be very young but they must not be tinned) will give a fresh green colour to this sauce, and add a very delicate flavour.

Red Mayonnaise

The sauce may be coloured with the dried and pounded coral of lobsters, or with the very reduced juice of cooked tomatoes.

Mayonnaise à la Chantilly

Add 2 or 3 tablespoonsful of lightly whipped cream to the sauce.

Jellied Mayonnaise

For 8 tablespoonsful of mayonnaise you will need 2 of melted aspic jelly. Stir well together, add a small teaspoonful of lemon-juice and the necessary seasoning. Whip constantly until the sauce is slightly set. It should be foamy and not too firm.

A PRETTY KETTLE OF FISH

Gribiche Sauce

Boil 2 eggs for 15 minutes. When they are cold crush the yolks with a teaspoonful of dry mustard and some ground white pepper. Then add oil as though you were making an ordinary mayonnaise. When it is very thick, dilute with white wine-vinegar and add chopped parsley, capers, chives and a little tarragon. This is a good sauce, but the oil in it has, unfortunately, a tendency to liquefy.

Tartare or Remoulade Sauce

This is a mayonnaise made with mustard to which capers, chopped gherkins, parsley, chives and tarragon are added.

Before chopping the gherkins the moisture should be squeezed out of them in a cloth.

Ravigote Sauce

To remoulade sauce add very finely-sliced pieces of filleted anchovy.

Vinaigrette Sauce

Mix oil and vinegar together in the proportion of three of oil to one of white-wine vinegar. Add chopped herbs, very finely chopped gherkins and whole capers. Season highly.

Horseradish Sauce

Grate the horseradish very finely, add a little white wine-vinegar or lemon-juice and whipped cream. Season. A little sugar should also be included.

Very good horseradish cream can be bought in bottles. Add to it a little thick cream.

SAUCES AND SAVOURY BUTTERS

SAVOURY BUTTERS

These butters which are used in making savouries and canapés are also very good for sandwiches.

Anchovy Butter

Wash 6 salted anchovies, remove their skins, bone and fillet them. Lay the fillets, for an hour, in milk. Then drain them.

Pound the anchovies in a mortar with quarter of a pound of butter. Put the mixture through a fine sieve. Keep in a cool place.

Crayfish, Lobster, Prawn and Shrimp Butters

Weigh the well-washed shells and trimmings of the meat of one of these shell-fish. To half a pound, add quarter of a pound of fresh butter. Pound together in a mortar. Put the mixture into a saucepan standing in a *bain-marie* (p. 183) and cook it very gently, stirring often, until you have a clear, coloured, oily liquid.

Stretch a piece of thick linen over a basin of very cold water and pour the contents of the saucepan into it, pressing it down with a wooden spoon. The butter which filters through will solidify in the water. Take it out and keep it in a cool place till you require it.

It will be easier to pound the shells if they are well dried in the oven.

Or : Pound the well-washed shells in a mortar ; add butter and pound again. Put the mixture through a sieve.

A PRETTY KETTLE OF FISH

Curry Butter

Mix thoroughly fresh butter and curry powder to your taste.

Horseradish Butter

Pound a tablespoonful of grated horseradish and mix it thoroughly with 5 tablespoonsful of fresh butter.

Maître d'Hôtel Butter

Soften, but very slightly, some clarified butter. Put it in a bowl with salt, pepper, finely-chopped parsley and a little lemon-juice. Beat together with a fork or spoon—only as long as is necessary to mix the ingredients. Set in a cold place until it is needed.

Mustard Butter

Mix thoroughly a dessertspoonful of dry mustard with 3 oz. of butter.

Paprika Butter

Mix a small teaspoonful of paprika with 4 oz. of fresh butter.

Sardine Butter

Drain half a dozen sardines thoroughly; skin and bone them. Pound them with 6 oz. of fresh butter and put the mixture through a fine sieve. Season with paprika.

Smoked Salmon Butter

Pound 4 oz. of smoked salmon with 6 oz. of fresh butter. Put the mixture through a fine sieve and add a little lemon-juice.

Fish Hors-D'Œuvre

As to hors-d'œuvre, my heart demands a certain discernment. You must be knowledgeable about them. The best, should you want to know, is the herring. When you've eaten a little of it with onions and mustard sauce, you must, my good friend, go on at once to caviar. Eat it as it is, or, if you like it, add a little lemon-juice. After that, radishes with salt. Then more herrings. . . . As to barbot's liver—a dream!

“*La Sirene*,” Tchekov.

Hors-d'œuvre should be as delightful to the eye as they are pleasing to the palate. They should be set out very delicately in one of the many china sets which are sold for the purpose.

Fillets of Anchovy

Arrange the fillets in criss-cross patterns. Sprinkle them with finely chopped parsley, the yolk of a hard-boiled egg which has been passed through a coarse sieve and the chopped white.

Caviar

Set the caviar in a fine glass bowl and stand it in a deep dish filled with chopped ice. Serve with

A PRETTY KETTLE OF FISH

it thin slices of buttered brown or rye bread, and quarters of lemon.

Stuffed Cucumber

Peel the cucumber, cut it in two-inch lengths and scoop out the seeds. Pound a little cooked salmon, mix it with mayonnaise, and stuff the cucumber with it.

Fillets of Fresh Herring

Put small fillets of herring in a *court-bouillon* of wine-vinegar, very thin slices of carrot and onion and a bouquet (p. 31) which has been boiled for 20 minutes. Simmer them gently till they are done. Let them cool in the marinade. Take them out, lay them on a dish and strain some of the marinade over them. Decorate with finely-chopped parsley.

Herrings with Gribiche Sauce

Poach the fillets of herring (see above). Take them out and drain them thoroughly. When they are cold, lay a spoonful of gribiche sauce (p. 194) on each.

Smoked Herring

Drain off the oil in which these have been preserved. Pour fresh olive oil over the fillets and surround them with sliced onion.

Fillets of Fresh Mackerel

Prepare in the same way as the fillets of herring.

FISH HORS-D'ŒUVRE

Mussels with Mayonnaise or Vinaigrette Sauce

Cook the mussels as directed on page 158. Serve with mayonnaise or vinaigrette sauce (p. 194).

Stuffed Olives

Take the stones out of a number of olives, and replace them by tiny fillets of anchovy.

Prawns

Serve in their shells. Or, shelling them, lay them on small crisp lettuce-leaves and cover them with a little remoulade sauce (p. 194).

Shrimps

Serve as they are in a dish or, round a sheaf of carefully arranged parsley, stand them up in the shape of a crown.

Smoked Salmon

Serve very thin slices with brown or rye bread and quarters of lemon.

Soft Roes

Poach (p. 29) these in white wine. Let them cool in it. Add olive oil, and a mixture of finely-chopped green herbs—parsley, chives and tarragon.

Marinated Trout

Prepare in the way directed for fillets of herring.

A PRETTY KETTLE OF FISH

Tunny

1. Use tinned tunny. Drain it well and serve it with a vinaigrette sauce. Decorate with small black olives, cut in halves, and a few capers.

2. Take very small tomatoes. Cut a piece off the top of each and with a pointed spoon scoop out the pulp, leaving the skins in perfect condition. Sprinkle them with lemon-juice, pepper and salt. Fill with flaked tunny mixed with ravigote sauce (p. 194).

A Few Swedish Hors-D'Œuvre

NEITHER malt nor white wine-vinegar is used in Sweden in the preparation of *hors-d'œuvre*, but a so-called alcohol vinegar. One part of acetic acid mixed with about twenty parts of water can be substituted for it.

Dill is much used with *hors-d'œuvre*, not only in Scandinavia, but in Germany and Central Europe. This herb was once very popular in England and it is difficult to understand why it has gone out of use, for it has a pleasant sharp taste.

COLD HORS-D'ŒUVRE

Anchovies (Fyrtornet brand)

These are neither boned nor skinned.

Caviar

The Swedish caviar is a highly spiced preparation of cod's or pike's roe. It is much cheaper than sturgeon's roe and is considered excellent for sandwiches, canapés and in the making of several *hors-d'œuvre*.

A PRETTY KETTLE OF FISH

Salt Herrings (Matjes-sill. Fyrtornet brand)

These must be soaked in cold water for 12 hours before they are served. They should be skinned if eaten uncooked. Cut them into pieces about an inch long, then reform the body (without a head). They should be served on ice, garnished with chopped dill and chives, and small spring onions, or sliced Spanish onions. Serve with small hot potatoes and sour cream as a sauce.

Preserved Strömming

Roll up boned strömmings and stand them close together in a saucepan. Pour warm water over them—just enough to cover them. Add a spoonful of vinegar, salt, a little sugar, black pepper-corns, a bay leaf and dill. Simmer very slowly. Leave the fish in the water to cool. Add more vinegar and sugar if needed. Serve with liquid in which the fish were cooked. They must not become dry.

These little rolls can be piled up pyramid-shape and decorated with shelled shrimps.

Herring fillets may be prepared in the same way.

Mackerel

Mackerel can be prepared like strömming. For this dish dill is essential. Or—

Cut the mackerel in pieces about an inch long. Cook it and serve it very cold with hot potatoes and a sauce composed of cream, vinegar, sugar and horseradish. In Sweden this sauce is mixed at table to suit the tastes of individual guests. It is considered a very good cool summer lunch dish, a change from salmon.

A FEW SWEDISH HORS-D'ŒUVRE

Eel

The eel is prepared in the same way as mackerel.

Sillsalad

Prepare the pickled herrings as directed above and chop them into small pieces. Chop also 5 large potatoes and a beetroot, 1 small apple and 2 gherkins (or ordinary pickles). Add a little finely chopped cold meat. Moisten with plenty of vinegar and sugar, adding pepper and mustard. Garnish with chopped hard-boiled eggs and whipped cream seasoned with vinegar and sugar and coloured with beetroot juice. Pile up the salad on a flat dish.

Solöga

Solöga is an anchovy dish which is said to appeal to the English taste.

Fillet 4 anchovies and pound them to a paste. Cut up a small onion and a small beetroot very fine. (Capers also may be added.)

Put the raw yolk of an egg in the centre of a glass or silver dish. Put the anchovy round it, then a ring of onions, then one of beetroot. Capers, if used, should form a circle round the egg. The dish is mixed at table by the first guest to whom it is handed.

HOT HORS-D'ŒUVRE (LADOR)

These *hors-d'œuvre* are for the most part made of a fish called strömming, a little cousin of the herring. It is only procurable in the Baltic. Herrings, if small, can be substituted for the rarer fish, which can, however, be bought in tins.

A PRETTY KETTLE OF FISH

With Caviar

Clean and bone the strömmings. Spread each with whipped cream, Swedish caviar and very finely-chopped onions. Roll them round. Stand them close to each other in a buttered fireproof dish, sprinkle with breadcrumbs and small pieces of butter and bake in the oven.

Or : The fillets may be spread with *maître d'hôtel* butter (p. 196).

With Anchovies

Butter a fireproof dish, and sprinkle it with breadcrumbs and some small pieces of butter.

Clean and bone very small strömmings. Lay an anchovy fillet in each. Pack them tightly together, backs upward, in the dish. Sprinkle with breadcrumbs and small pieces of butter. Bake for about 15 minutes.

Pickled Herring

Soak the fillets of herring as directed (p. 202). Boil potatoes in their jackets. Slice them when cold with an onion.

In a buttered fireproof dish put layers of herring, potato and onion, beginning and ending with potatoes. Put small pieces of butter between each layer and on top. Bake for from 35 to 45 minutes, according to the depth of the dish.

Karin Westergren, Sweden.

Hot Fish Savouries

Anchovy Cigarettes

MAKE light puff pastry and roll it out very thin. Cut it into squares about two and a half inches long by two inches.

Lay a fillet of anchovy on each piece, roll them up like cigarettes, sprinkle them with grated cheese and heat quickly in the oven.

Caviar Pancakes

Make small pancakes (p. 31). Spread half the number with caviar the moment they are made. Cover each, like a sandwich, with another pancake. Cut these out into rounds about two inches across. Heat for a moment or two in a very hot oven.

Crab Croûtes

Mix cooked crab-meat with a rich white or Mornay sauce. Season highly. Heap up on fried bread and sprinkle with cheese. Heat quickly in the oven.

Curried Finnan Haddock on Toast

Flake the haddock finely and mix it with white or brown sauce flavoured with curry.

A PRETTY KETTLE OF FISH

Cut out small rounds of toast, butter them, sprinkle them with pepper and grated cheese. Put these under the grill for a moment, then put a spoonful of the haddock on each.

Finnan Haddock Croûtes

Pound the flesh of a small cooked haddock in a mortar with a tablespoonful of anchovy butter (p. 195). Put through a sieve. Beat up the yolk of an egg with 2 tablespoons of cream : strain it. Place a saucepan in a *bain-marie* (p. 183), put in the fish mixture, the cream and egg and a touch of cayenne. Mix well. Heat well without boiling. Heap on rounds of fried bread and decorate with chopped parsley.

Little Soufflés of Finnan Haddock

Pound the flesh of a cooked finnan haddock in a mortar with one-third its weight of rich white sauce. Put through a sieve and then into a basin. Add 2 tablespoonsful of cream and the yolk of 1 or 2 eggs. Just before you are ready to put the mixture into small soufflé cases, add the stiffly-beaten whites of the eggs (p. 38), and bake for 10 minutes in a moderate oven.

Savoury Herrings

Choose small, very fresh herrings, allowing one for each person.

Bone the herrings by slitting them down the back and, under water, press the fillets away from the backbone on each side. Cut off the heads and tails.

HOT FISH SAVOURIES

Take breadcrumbs and to them add a little chopped onion, or onion juice, and seasoning. Bind with the well-beaten egg and melted butter. Season well.

Spread part of the mixture on each of the fillets of herring. Then roll them up, beginning at the tail. Put the rolls on a greased tin or fireproof dish, laying a small piece of butter on each, and bake in a quick oven for 10 minutes. Serve, very hot, on strips of fried bread.

R. D. Ruffman.

Devilled Sardines

Skin and bone a number of sardines. Spread mustard inside them and add a grain or two of cayenne. Egg-and-breadcrumb and fry them. Serve on round pieces of hot buttered toast.

Sardine Savoury

Take 6 sardines, skin and bone them. Pound 2 hard-boiled eggs with a tablespoon of cream. Season highly and mix altogether with a little lemon-juice and a few drops of Worcester sauce.

Make small rounds of buttered toast, sprinkling a little seasoning on them. Spread the sardine puree on the toast and heat quickly. Serve very hot.

Sardines on Toast

Skin and bone a number of sardines and pound them. Add a dessertspoonful of tomato sauce and 2 drops of Worcester sauce. Bind with melted butter. Season, adding cayenne if you like it.

A PRETTY KETTLE OF FISH

Make the mixture very hot just before you are ready to serve. Heap it on small rounds of toast buttered with plain or anchovy butter (p. 195). Serve at once.

Canapés of Skate's Liver

Blanch the liver for 5 minutes in simmering water, then cook it in butter. Take it out and pound it to a purée. Put it back in the butter with some capers, tiny slivers of anchovy, very finely-chopped shallot and herbs, pepper and salt. Work all well together over gentle heat.

Have ready some buttered rounds of lightly toasted bread. Spread the mixture on them and sprinkle with finely-chopped chives and tarragon, bread crumbs and tiny pieces of butter. Brown under the grill.

Soft or Hard Herrings' Roes in Batter

Skin and trim the roes and cook them for 5 minutes very gently in simmering water. Take them out, pour cold water over them and then dry them. Sprinkle them with salt, pepper and a very little lemon-juice. Dip them in batter (p. 30) and fry in very hot fat (p. 24). Serve on croustades (p. 32) shaped to fit the roes.

Soft Roes on Toast

Cook the roes in a very little wine and butter. Drain and season them.

Spread rounds of toast with mustard butter. Lay a roe on each. Sprinkle with finely-chopped herbs.

HOT FISH SAVOURIES

Tunny (or Sardines) on Fried Bread

Beat up the yolk of an egg lightly and season it. Dip small rounds of stale bread into milk, then into the egg. Sprinkle with salt, pepper and fry them in butter.

Pound tunny, or sardines, or salmon. Add a teaspoonful of chopped olives, and one of chervil and tarragon. Mix all with a good white sauce, and set in little mounds on the fried bread, sprinkle with grated cheese and brown under the grill.

Canapés

RUSSIAN canapés are made with lightly toasted bread—cut very thin and shaped ; Danish smorrebrød are made with slices of ryebread. The very best butter should always be used. These canapés admit of great variety and should be very attractive to look at.

Anchovy Canapés

Prepare rounds of toast. Spread them with anchovy butter (p. 195). Have ready some trimmed anchovies cut into thin slices. Arrange these on the toast and sprinkle them with the yolk of a hard-boiled egg which has been put through a sieve. Finish with a little finely-chopped parsley.

Caviar Canapés

Spread small rounds of buttered ryebread with caviar, sprinkle with a few drops of lemon-juice and the very finely-chopped and seasoned yolk and white of a hard-boiled egg.

Herring and Soft-roe Butter Canapés

Cook the soft roes in a little wine or water (p. 21). Drain them well. Mix them with butter

CANAPÉS

and put them through a sieve. Season highly and add a few drops of lemon-juice. Spread ryebread or toast with this butter, over it put very thin fillets of cooked herring and mask them with highly seasoned mayonnaise.

Lobster Canapés

Spread bread or toast with mayonnaise in one of its forms (p. 192). Put shredded lobster over it, and sprinkle with the very finely-chopped yolks and whites of hard-boiled eggs and herbs.

Salmon and Horseradish (Danish)

Spread slices of ryebread with horseradish butter (p. 196). Over this lay very thin slices of smoked salmon.

Smoked Salmon Canapés

Prepare rounds of bread and cover them with salmon butter (p. 196). Cut rounds of smoked salmon the size of the bread and lay them on the butter. Decorate as for anchovy canapés.

Sardine Canapés

Spread the bread or toast with sardine butter (p. 196). Over this place boned and skinned fillets of sardine. On each put a tiny ball of anchovy butter (p. 195). Sprinkle with chopped herbs and the yolk of a hard-boiled egg which has been put through a sieve.

A PRETTY KETTLE OF FISH

Shrimp Canapés

Cut small rounds of bread and toast them on one side. Spread with anchovy butter (p. 195) on the toasted side and on each make a little wreath of shelled shrimps. Sprinkle with very finely-chopped parsley and yolk of a hard-boiled egg.

Fish Sandwiches

AMERICANS make many of their sandwiches with toast. Unless the bread is toasted only just before it is eaten, it is inevitably tough. White or brown bread can be used. Crusts should be removed. The small, very thin sandwich is the most appetizing.

Anchovy Butter and Cucumber Sandwiches

Spread the bread with anchovy butter (p. 195). Slightly pulp the sliced cucumber, season it and lay it over the butter.

Fish Sandwiches (Salmon, Whiting, Brill, etc.)

Butter bread or toast with anchovy butter (p. 195). Pound the fish and add mayonnaise to it—but do not use too much or the bread will be sodden. Spread the mixture on the bread or toast just before it is required.

Lobster, Crab, or Prawn Sandwiches

Pound the yolk of a hard-boiled egg. Chop the white very finely. Chop lobster, prawn or crab. Mix this with the egg and some highly-seasoned mayonnaise.

Break several very crisp lettuce-leaves into small

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pieces. Lay them on the buttered bread. Spread them with the fish mixture and sprinkle with finely-chopped olives.

Sardine Sandwiches

Skin and bone the sardines. Pound the fish and mix it with a little tomato sauce. Season highly. Put on bread spread with anchovy butter (p. 195).

Smoked Salmon Sandwiches

Spread slices of ryebread with anchovy butter (p. 195). Lay very thin slices of smoked salmon on them and sprinkle with lemon-juice.

Vegetables which may be Served with Fish

POTATOES

Dauphiné Potatoes

SLICE a number of potatoes very thinly and cook them in salted water for 10 minutes. Take them out and drain them well.

Butter a fireproof dish and lay in the potatoes in layers, sprinkling each layer with salt, pepper, and a little melted butter. Fill up the dish with hot milk and bake in a slow oven until the potatoes are tender, and the top well browned. This will take about 40 minutes.

These are very good with plain-boiled fish.

Duchesse Potatoes for bordering Scallop-shells, etc.

Bake several large potatoes. (They are drier if baked than boiled.) Put them through a fine sieve into a basin. Work in a tablespoonful of melted butter to about a pound of potato. Then add the unbeaten yolk of an egg. Stir well together and add another yolk. Season.

Put the mixture on a lightly-floured board or

A PRETTY KETTLE OF FISH

slab and roll it out. If you are not going to use it at once, brush it over with melted butter to prevent a crust forming.

When you are ready to use the potato, roll it out again until it is about half an inch thick. Cut it out into long strips and, with well-floured hands, form each into a thin sausage-shaped roll.

Fried Potatoes

Wash and peel a number of big potatoes. Slice off their rounded sides and ends so that you have oblong blocks left. Cut these into strips about two inches long and half an inch thick and wide.

Lower these pieces in a heated frying basket into moderately hot fat, a few at a time. Then increase the heat a little and let the potatoes cook for 5 minutes. Increase the heat again and cook till they are well coloured. Take out the basket and let the potatoes drain. Lay them on a cloth inside the oven to drain again. Sprinkle them with salt and put them into a very hot *uncovered* dish and serve at once.

Chip Potatoes

Having finely sliced the potatoes, lay them in cold water for half an hour. Drain them and dry them thoroughly on a cloth.

Have your fat very hot, throw in 2 or 3 slices of potato; if they brown in a few seconds it is hot enough (pp. 22-4).

Put in the potatoes, about 6 pieces at a time. Be very careful that they do not touch each other.

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As they brown, take them out with a skimmer and lay them, just inside the oven, on a cloth or on white paper to drain. Continue frying in the same way.

Sprinkle with salt from a mill and serve in an uncovered dish.

These potatoes will keep if packed in an air-tight tin.

Purée of Potatoes

Cook the potatoes in their skins, or bake them. Peel and crush. Or put through a potato masher or sieve. Heat milk in a pan together with a heaped tablespoonful of butter. Add the potatoes and whip altogether with a fork until their yellow changes to white. More milk can be added if the purée is too thick. If it is too moist stir it over strong heat until it is the right consistency. Season.

These are only "mashed" potatoes—but with that difference which thought and a little hard beating brings about.

Soufflé of Potatoes

Put cooked potatoes (preferably baked ones) through a sieve. In a bowl mix a pint of potato with 2 tablespoonsful of slightly-melted butter, and 2 of cream or milk, and the lightly-beaten yolks of 2 eggs. Just before you are ready to bake, put in the stiffly-beaten whites. Pour into a buttered soufflé dish and bake for about 20 minutes in a moderate oven. (See Soufflé Making, p. 37).

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ARTICHOKES

Artichoke Bottoms

These, of course, are best when fresh. Blanch them for a minute in boiling water. Drain and dry them. Brush each over with lemon-juice, cut them into quarters if large, in halves if smaller, and cook them very slowly in very hot, clarified butter. Turn them once. Season well. Sprinkle with very finely-chopped parsley.

Finely-chopped mushrooms which have been cooked in butter can be heaped on the artichoke bottoms if cooked whole.

Serve with fish *à la meunière*.

Cauliflower Balls

Cook a small cauliflower—but not so long that it becomes very soft. Let it drain thoroughly and then break it up. Dip each piece into well-seasoned Mornay sauce (p. 185), then into seasoned raspings of bread (p. 32). Sprinkle with grated cheese and brown in the oven or under a grill.

CUCUMBERS

With White Sauce

Peel the cucumbers and cut them lengthwise in half and then again into two-inch lengths. Remove the seeds and sprinkle them with salt. Set them on a hair-sieve to drain for half an hour. Pour cold

VEGETABLES SERVED WITH FISH

water over them. Dry them. Then cook them in slightly-salted water to which you have added a lump of sugar.

Or : Cook the cucumber in white stock. Drain thoroughly and serve with a white sauce to which a little cream and finely-chopped parsley have been added.

Serve with boiled fish.

Stuffed

Prepare the cucumber as directed above. Do not cut in half, but hollow out the lengths. Blanch the pieces for 3 minutes in boiling water. Take them out and drain them thoroughly.

The cucumber can then be stuffed with either of the following mixtures :

1. Chop very finely a little ham, onion and parsley. Brown these lightly in butter. Drain, season, and fill the hollowed pieces of cucumber with the mixture.

2. Chop several mushrooms, and, with a teaspoonful of very finely-chopped onion, cook them in clarified butter. Add breadcrumbs and seasoning. Drain and stuff the cucumber.

Set the pieces of cucumber in a dish in which you have heated a little stock and butter. Cook them gently in the oven, basting several times, then brown them under the grill.

All these mixtures may be bound with the yolk of an egg.

Serve with hot salmon, turbot, etc.

A PRETTY KETTLE OF FISH

PARSLEY

To Chop

Wash the parsley and cut off the main stalks. Dry it thoroughly. Chop it as finely as your patience will allow.

To Fry

Wash the parsley and dry it thoroughly. Have ready some boiling fat, and, removing the pan from the fire, put the parsley in it. Set back on the fire and fry for a few seconds only. Remove the parsley with a skimmer and drain it on paper. Fried in this way it will keep its fresh colour.

SORREL

Purée of Sorrel

Do not use sorrel unless it is very young. Pick it over, and discard any browned or bruised leaves. Wash and drain it.

Bring half a pint of water to the boil, salt it, and add, a little at a time, a pound of sorrel leaves, stirring them with a wooden spoon until they have softened.—This will take about 5 minutes.

Put the sorrel on a sieve to drain, pressing the moisture out with the hands. Chop the leaves finely and put them through a sieve. Put the purée back into a saucepan with a tablespoonful of white *roux* (p. 184). Cook gently, stirring all the time, for a few moments. Add a little stock and continue

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cooking for a few minutes more—or until the liquid has been absorbed.

The purée may be thickened with the yolk of an egg. Whip lightly together one yolk and a table-spoonful of cream. Strain the mixture. When the purée has cooled a little, put it into a pan standing in a *bain-marie* (p. 183), add the egg mixture and stir until it has thickened. See that it is rightly seasoned and serve at once.

Serve with boiled fish, or mackerel in any form.

SPINACH

Pick over the spinach very carefully, removing all coarse and discoloured leaves. Put it into a sieve and let cold water run through it until it is thoroughly cleaned. Lift the leaves from time to time, so that the water gets to every part of the heap. (It is best to wash a small quantity at a time.)

I would recommend cooking spinach *en branches* as it retains its flavour better than when finely chopped.

Put the leaves into a small quantity of well-salted, fast-boiling water, and cook it for from 5 to 10 minutes.

Take out the leaves and drain them thoroughly; press them down to extract all moisture.

Melt clarified butter (p. 32) in a pan, and cook it very gently until it has coloured a light brown. Add the spinach and let it simmer for a few moments. Add a couple of tablespoons of thick cream, a coffee-spoonful of sugar, and seasoning. Stir well together.

A PRETTY KETTLE OF FISH

Purée of Spinach

Cook the spinach as directed above. When you have drained it, chop it finely and put it through a sieve. Melt a little butter in a saucepan, add the spinach and stir it. Add more butter—the French call spinach *mort au beurre*—a little sugar and seasoning, and before serving, a tablespoonful of cream.

Spinach Quenelles

Cook and drain the spinach. Chop it very finely and press it through a sieve. Put a fair-sized piece of butter in a pan and add the purée with seasoning and a little sugar. Stir over gentle heat until all the butter is absorbed.

To each half pint of purée add the yolk of an egg. Just before you are ready to shape the quenelles (p. 37) add the stiffly-beaten white of the egg. Cook in hot clarified butter. Brown on both sides and serve at once.

TOMATOES

Tomato Jelly

Cook about a pound of tomatoes with a very little water, a few leaves of tarragon, a teaspoonful of chopped onion, and seasoning. When thoroughly cooked, strain through two folds of butter muslin, pressing the pulp to extract all the liquid.

To each pint of tomato juice add half an ounce of gelatine (p. 33). Mix well and stir from time to time till the mixture begins to set. Pour into

VEGETABLES SERVED WITH FISH

small moulds and set on ice. Turn out and decorate with tarragon leaves.

Or : Pour into a mould with a hollow centre. When it has set, fill the middle of it with fish mixed with mayonnaise.

Cream of Tomatoes

Prepare and cook the tomatoes as for a jelly. Add to them a good pinch of carbonate of soda. While hot stir in the required amount of gelatine (p. 33).

To half a pint of tomato add a gill of whipped cream and a very little sugar.

Stir from time to time until the mixture begins to set. Then pour into a large mould or into several small ones.

Serve as directed for Tomato Jelly.

Tomato Mousse

Take half a pound of tomato pulp which has been freed from seeds and skin. Melt an ounce of butter in a pan and add the pulp. Season well and simmer gently till the tomatoes are cooked.

To the tomatoes add 2 heaping tablespoonsful of rich white sauce. Put the mixture through a sieve. Measure it and add the required quantity of gelatine (p. 33)—remembering that cream is to be added and a little sugar.

Whip very lightly for a minute or so half as much cream as you have tomato and sauce. Mix all well together, see that the seasoning is right, pour into a large mould or several small ones, and stir until it begins to set.

Serve with cold fish.

A PRETTY KETTLE OF FISH

Purée of Tomatoes

Dip the tomatoes (one pound) into boiling water, skin them, cut them in half, and press out the seeds.

Chop a tablespoonful of onion and put it in a saucepan with a little butter and a very small bouquet (p. 31). Cook gently for a few minutes, then add the tomatoes, a little water, and simmer for half an hour.

Take out the bouquet and put the tomatoes through a sieve and then back into the well-rinsed saucepan. Add a little more butter and simmer until the purée is thick. Season.

Slices of Tomato Cooked in Butter

Dip the tomatoes (they must be big ones) into boiling water, remove the skins and cut them in rather thick slices, pressing out the seeds.

Heat clarified butter in a frying-pan. Add a little chopped onion. Lay in the slices, sprinkle each with salt and pepper and a very little sugar. Turn once with a skimmer and cook very gently till done. Take the slices out carefully and sprinkle with chopped parsley.

Serve with hot fish.

SALADS

Salmon cut long waies, with slices of onions laid upon it and upon that to cast violets, oyle and vynegar.

Onions in flakes laid round about the dish; with minced

VEGETABLES SERVED WITH FISH

carrots laid in the middle of the dishe ; with boyld hips in five parts like a oken leafe made and garnished with tansey long cut with oyle and vinegar.

"The Good Huswife's Jewell," Thomas Dawson, 1585.

If it is not a question of eking out a very small quantity of fish, I think it is always best to serve salad and fish separately. The heavy mayonnaise immediately takes from the crispness of lettuce-leaves.

Serve one of the various mayonnaises with or on very cold fish. Dress the salad with a French dressing, made as follows :—

Pour a scant tablespoonful of white wine-vinegar with which you have mixed a little salt over the leaves. Turn them over very gently till each has got its share. Then gently pour in 3 tablespoonsful of the best olive oil and turn the leaves again, adding, as you turn, a little freshly ground pepper and finely chopped tarragon and chervil.

Additional seasoning may be added with the vinegar—a coffee-spoonful of dry mustard, one of sugar, or a few drops—but no more—of Worcester sauce. The bowl may be rubbed with onion, or a crust of bread rubbed on an onion, or garlic can be placed among the leaves. Chopped spring onions give an excellent quality to a salad—for those who like them.

In addition to a green salad, always best without any admixture of tomato, beetroot or egg, there are two or three other salads which are excellent with fish—

A PRETTY KETTLE OF FISH

Macedoine of Vegetables

This salad is composed of vegetables in season. For the most part they should be cooked separately.

Cut carrots, turnips and celery into strips, or fashion the carrots and turnips into tiny balls with a cutter. Unless you have very small new potatoes which can be sliced, shape them into small balls. To these should be added French beans cut in diagonal slices, green peas, asparagus tips, diced artichoke bottoms and cooked mushrooms. It is essential that fresh vegetables should be used. Tinned vegetables may keep much of their food value but they have lost their freshness and a good deal of their flavour.

When the vegetables are cooked, drain them thoroughly and set them where they will get very cold. Then mix them with a mayonnaise. Serve them in a salad bowl, or heaped on lettuce-leaves on individual salad plates.

Potato Salad

This salad must be made of new potatoes, unless "Dutch" ones can be bought from a greengrocer who deals in foreign produce. "Dutch" potatoes are imported in great quantities for the purpose, chiefly, of making this type of salad—not from Holland but from France. The ordinary English potato is too floury.

Cook the potatoes in their skins, peel and slice them and lay them in a bowl, mixing them, very gently, with chopped spring onions, chervil and tarragon. When they are quite cold add mayon-

VEGETABLES SERVED WITH FISH

naise made with a little cream, or one to which a purée of peas has been added (p. 193).

Or: While the potatoes are still hot moisten them with 3 tablespoonsful of clear stock. Add chopped spring onions, chervil and tarragon, and dress as you would a green salad. Set aside for an hour before serving.

Tomato Salad

Dip very firm tomatoes in boiling water to loosen their skins. Peel them. Cut a thin slice off the stem-end and squeeze out as many of the seeds as you can without damaging the tomato. Cut the rest in slices. Dress with oil and vinegar, etc., and sprinkle with chopped tarragon and chervil. Add a few spring onions.

Tomato and French Bean Salad

This very pleasant salad is made with sliced tomatoes, and whole or sliced cooked French beans. It is dressed with oil, vinegar and seasoning, and should be sprinkled with finely chopped chervil and tarragon. A little onion may be added.

Herring Salad or Vinaigrette

Steam several fresh herrings and bone and skin them. Cut them in dice. Chop also one pickled herring, 5 pickled mushrooms, 3 tablespoonsful of sauerkraut, half a cupful of cooked French beans, a salt or fresh cucumber. Add a tablespoonful of capers, 1 of pickles, and 20 stoned olives.

To the above mixture add chopped parsley, salt, pepper, 2 or 3 tablespoonsful of wine-vinegar, 2 of

A PRETTY KETTLE OF FISH

olive oil, a spoonful of mustard, and 3 pieces of sugar, all well mixed.

Garnish a dish with 5 potatoes, a beetroot, 2 hard-boiled eggs, a lemon, all sliced, and chopped parsley.

Over these lay the herring mixture.

D. A. Ruffman.

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